PC 362.18

SOUTHWARK DISABLEMENT ASSOCIATION

newsletter no. 1

JULY 80

LONDON BOROUGH OF SOUTHWARK SOUTHWARK COLLECTION

Chairman : Miss Phyllis Sheere

Secretary : Mrs. Christine Checkley

SDA

The aims and objects when forming this Association were :-

a. to bring together representatives from all the groups interested in working with and for handicapped people.

b. to provide a forum for discussion and decision regarding priority of need.

c. to provide resources for the dissemination of information to statutory and voluntary agencies, and individual handicapped people in the Borough.

d. to co-operate with all agencies working in the area of interest

The aim and object of this, our first newsletter, is to let you know something of what we are trying to do and to enlist your support - particularly those organisations not represented on our committee.

We do want to hear from you with your news, views, problems etc. It is YOUR Association, so help us to make it work for you.

As a result of Committee meetings so far this year, sub-groups have been formed to work on an ACCESS SURVEY and on a proposal for a specialist ADVICE AND INFORMATION service for disabled people. We hope that soon we will also have a group working on aspects of the International Year for Disabled People. Anyone who is interested in contributing to the work of these groups should contact the Association and, of course, we would welcome any help with producing the next newsletter.

FUEL HELP

From November this year, all people who receive Supplementary Benefit and either Attendance Allowance, Constant Attendance Allowance or Mobility Allowance will get the new higher rate of heating addition of £3.40 per week.

If you need help with your benefits, either filling in forms or working out your rights then get in touch with a local advice centre. If you don't know which is nearest to you ring the Southwark Council's Linkline on 701 1231.

IYDP

This is the logo for 1981 - the International Year of Disabled People. The aim of the Year is to promote equality and full participation by disabled people in the community.

National societies are preparing for the coming year with information and publicity. The Post Office is even producing a special stamp.

SDA would like to hear from people interested in helping to bring attention to IYDP in Southwark. Will YOU help ?

NAIDEX

"Disabled People - Positive Living or Negative Existence?" is the theme of this year's NAIDEX conference. It is on October 28th, 29th and 30th at Kensington Town Hall.

The programme lists various seminars on travel, back pain, counselling, residential care and returning to work as well as the major exhibition of aids for disabled people. Further details from RADAR, 25 Mortimer Street, tel. 637 5400.

SWAP SHOP

Does any club need a hand sewing machine ? We have one going for free. Please telephone 639-4813 if you are interested.

SDA newsletter will be pleased to publicize articles for sale (or free), forthcoming events etc.

AFFILIATION

Please remember to fill in the form below if you would like to get this newsletter regularly and become a member of Southwark Disablement Association

A I D S

If you are hard of hearing, or even profoundly deaf, there are several devices which make it possible for you to use the phone.

You could have a louder bell, a bell with a distinctive sound or volume control, or a flashing light on the phone.

Full details of organisations and companies which provide such items are in a new Greater London Association (GLAD) information sheet. This is free to disabled people if they send a s.a.e. to GLAD at 1 Thorpe Close, W10. For clubs and organisations who would like bulk copies the price is £2.50 for 50 copies.

RADIO 4

DOES HE TAKE SUGAR ?

A new series of this Radio 4 programme for disabled people has just begun. It is on Sundays at 7pm.

Please complete and return to : Mrs. C. Checkley, c/o Copleston Centre, Copleston Road, LONDON SE 15.

NAME .....

ORGANISATION (if any) .....

ADDRESS ..... tel no. .....

I/We enclose £3 annual affiliation fee to Southwark Disablement Association

Signed ..... Date .....

PC 362.18

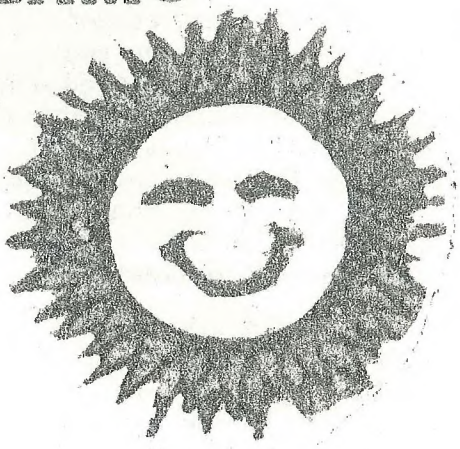
SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER

MARCH 1981

Chairman : Miss Phyllis Sheere
Secretary : Mrs. Christine Checkley

HOLIDAY DREAMS



Although winter is still with us, now, is the time to be thinking of your summer holidays. With the comparative shortage of accommodation suitable to handicapped people, it is essential that you consider the prospects within the next few weeks.

Get in touch NOW with your Social worker or your local Social Services Department to find out exactly what you are entitled to in the way of grants, transport and local authority holidays.

RADAR "HOLIDAYS FOR THE PHYSICALLY HANDICAPPED"

This book has a wide range of accommodation to suit all needs. The book can be obtained from local stationers or direct from:

RADAR, 25 Mortimer Street, London, WIN 8AB Tel.637 5400
Price: 50p at bookshops or £I.50 direct(inc p &p)

How would you like to skipper a narrowboat, even though confined to a wheelchair? The Spinal Injuries Association have a six berth boat with hydraulic lifts to enable disabled holidaymakers to move about the boat freely. For more information Spinal Injuries Association. 5, Crowndale Road, London NWI ITU

A HOTEL which was formerly a Cheshire home at Heston, Cornwall, is completely accessiable to wheelchairs and can cater for up to 23 disabled people. Full board is available and for further information write to the following address enclosing a stamped addressed envelope:
Sue Opi, Mill View, Ruan Manor Heston, Cornwall.

MOBILE HOMES, especially adapted for wheelchairs and accomodating 6 people can be hired in various parts of England. Prices range from £40-£I00 per week according to the time of year. Contact the following organisations for details:

John Grooms Association
IO, Gloucester Drive, N4 2LP.

BRA Holidays Secretary,
6, Grosvenor Crescent, SWIX 7ER.

TRANSPORT NEWS

A friendly meeting was held at SCVS offices, between representatives of the Social Services transport division and members of the SDA, to discuss the service given to voluntary clubs.

The non arrival of ambulances for club evenings was a serious grievance that was discussed. It was pointed out that the main cause for this situation in the past has been staff shortages. We were glad to hear that recruitment has improved a great deal, to the point that there is now sufficient staff to maintain the service. It was stressed, however, that all overtime is on a voluntary basis and not obligatory.

The SDA would like to point out a few guidelines to club organisers in order to help the service to run as smoothly as possible.

As much information as possible must be given to the depot prior to your club night or outing.

Up to date sheets of people to be picked up by each ambulance must be given to the depot. (Too often old lists are used, to the frustration of drivers and escorts alike)

If you are planning an outing (especially in the summer) check your date with the depot before booking anything to make sure transport will be available on that day. If possible give the depot several months notice of the date and several alternative dates to choose from.

Escorts are not expected to operate the lift or to tie in wheelchairs.

Janet suffered from Multiple Sclerosis and died in December 1978 after living for four years in Hamlet House, St. Francis' Hospital.
After Janets death, her mother, Mrs B. Miller continued to organise fund raising events for the benefit of the residents of Hamlet House.

In the early part of 1980 The Janet Trust Fund was established with the aim to 'supply a Mini-bus' for the use of the young people (disabled) in Southwark, with priority use being given to the residents of Hamlet House.

During 1980 over £4000. was raised and a second-hand purpose built ambulance was purchased from a local Health Authority. After renovation by many willing helpers there is now a bright yellow "Jan's Bus" running around London.

Mrs Miller has now decided to allow the use of 'Jan's Bus' to any Southwark organisation dealing with the young disabled who require transport within the Greater London area.

There will be no charge made to acceptable organisations, but as it costs £15/20 per day to keep the bus in use a donation would be acceptable. The bus would be supplied with a full tank of petrol & oil, & water will be checked before handing over. The bus must be returned with the same requirements. The driver must hold a full clean licence and be aged over 25.

Any organisation wishing to take advantage of this offer should contact Mrs Miller on 693 2524 during office hours. Idealy 14 days notice would be appreciated.

Southwark Social Services committee has set aside £10,000 for grants to local organisations to mark International Year of Disabled People.
Local voluntary organisations operating within the borough of Southwark can apply for one-off grants by submitting schemes which either encourage the intergration of disabled people in the community, or aim to make disabled people more self-reliant. In order to be eligible for a grant the schemes should have long-term practical value.

The criteria have been agreed with the Southwark Disablement Association. The grants are for 1981 only, on-going funding is not available. Applications should be made to the Director of Social Services, Castle House, 2 Walworth Road, SE1. Applications must reach the department by March 31, 1981.

Further information available from: Julie Lamont 703 6311 ext 107.

An Open Day has been planned for International Year of Disabled People at Love Walk Hostel, Love Walk, Camberwell. On April 11th anyone interested can go along to the workroom and see the various handicrafts & work produced at the hostel by the girls.

The Outsiders Club is organising an art exhibition as part of their effort towards IYDP. The title of the exhibition is' EMOTIONS IN FOCUS' and the art will include all media; painting drawings, sculpture, poetry etc., all executed by disabled men & women. The exhibition has the backing of the Arts Council, the IYDP committee and several London galleries. The exhibition is to take place at; 52, Earlham Street, Covent Garden, London, WC2.
The exhibition will be for two weeks in September before it tours to various regional venues.

The theme of the entry should express the emotions felt by disabled people, desires & expressions of love, ambitions, and feelings of self-image, to demonstrate the similarity with able-bodied people.

Any disabled person in Southwark may participate, whether professional or amateur, whether disabled art groups, day centres or working at home. Any sort of disability (including speech problems, and depression) will qualify.
Photographs of the works (two photos, from different angles in the case of sculptures) should initially be submitted to:
The Outsiders Club, Box 4ZB, London, W1A 4ZB.

Preferably by March 31st. but no later than June 1st.

TRANSPORT NEWS

A friendly meeting was held at SCVS offices, between representatives of the Social Services transport division and members of the SDA, to discuss the service given to voluntary clubs.

The non arrival of ambulances for club evenings was a serious grievance that was discussed. It was pointed out that the main cause for this situation in the past has been staff shortages. We were glad to hear that recruitment has improved a great deal, to the point that there is now sufficient staff to maintain the service. It was stressed, however, that all overtime is on a voluntary basis and not obligatory.

The SDA would like to point out a few guidelines to club organisers in order to help the service to run as smoothly as possible.

As much information as possible must be given to the depot prior to your club night or outing.

Up to date sheets of people to be picked up by each ambulance must be given to the depot. (Too often old lists are used, to the frustration of drivers and escorts alike)

If you are planning an outing (especially in the summer) check your date with the depot before booking anything to make sure transport will be available on that day. If possible give the depot several months notice of the date and several alternative dates to choose from.

Escorts are not expected to operate the lift or to tie in wheelchairs.

Janet suffered from Multiple Sclerosis and died in December 1976 after living for four years in Hamlet House, St. Francis' Hospital.
After Janets death, her mother, Mrs B. Miller continued to organise fund raising events for the benefit of the residents of Hamlet House.

In the early part of 1980 The Janet Trust Fund was established with the aim to 'supply a Mini-bus' for the use of the young people (disabled) in Southwark, with priority use being given to the residents of Hamlet House.

During 1980 over £4000. was raised and a second-hand purpose built ambulance was purchased from a local Health Authority. After renovation by many willing helpers there is now a bright yellow "Jan's Bus" running around London.

Mrs Miller has now decided to allow the use of 'Jan's Bus' to any Southwark organisation dealing with the young disabled who require transport within the Greater London area.

There will be no charge made to acceptable organisations, but as it costs £15/20 per day to keep the bus in use a donation would be acceptable. The bus would be supplied with a full tank of petrol & oil, & water will be checked before handing over. The bus must be returned with the same requirements. The driver must hold a full clean licence and be aged over 25.

Any organisation wishing to take advantage of this offer should contact Mrs Miller on 693 2524 during office hours. Idealy 14 days notice would be appreciated.

Southwark Social Services committee has set aside £10,000 for grants to local organisations to mark International Year of Disabled People.
Local voluntary organisations operating within the borough of Southwark can apply for one-off grants by submitting schemes which either encourage the intergration of disabled people in the community, or aim to make disabled people more self-reliant. In order to be eligible for a grant the schemes should have long-term practical value.

The criteria have been agreed with the Southwark Disablement Association. The grants are for 1981 only, on-going funding is not available. Applications should be made to the Director of Social Services, Castle House, 2 Walworth Road, SE1. Applications must reach the department by March 31, 1981.

Further information available from: Julie Lamont 703 6311 ext 107.

An Open Day has been planned for International Year of Disabled People at Love Walk Hostel, Love Walk, Camberwell. On April 11th anyone interested can go along to the workroom and see the various handicrafts & work produced at the hostel by the girls.

The Outsiders Club is organising an art exhibition as part of their effort towards IYDP. The title of the exhibition is' EMOTIONS IN FOCUS' and the art will include all media; painting drawings, sculpture, poetry etc., all executed by disabled men & women. The exhibition has the backing of the Arts Council, the IYDP committee and several London galleries. The exhibition is to take place at; 52, Earlham Street, Covent Garden, London, WC2.
The exhibition will be for two weeks in September before it tours to various regional venues.

The theme of the entry should express the emotions felt by disabled people, desires & expressions of love, ambitions, and feelings of self-image, to demonstrate the similarity with able-bodied people.

Any disabled person in Southwark may participate, whether professional or amateur, whether disabled art groups, day centres or working at home. Any sort of disability (including speech problems, and depression) will qualify.
Photographs of the works (two photos, from different angles in the case of sculptures) should initially be submitted to:
The Outsiders Club, Box 4ZB, London, W1A 4ZB.

Preferably by March 31st. but no later than June 1st.

SPORT IN SOUTHWARK

The British Sports Association for the Disabled, South East London Region, has been formed with the intention of helping disabled people participate in sporting activities. The Association represents six boroughs, Bexley, Bromley Greenwich, Lambeth, Lewisham and Southwark.

Various sporting events are organised throughout the regional area which all disabled sporting men & women are invited to enter.

Two future events to be held at the beginning of the year are as follows:

Inter borough Swimming Championship.
This event will be held Saturday 25th April at 3pm. at Rotherhithe Baths, Lower Road, S.E.16.

Inter borough Table Tennis, Archery & Rifle Tournament.
This event will be held Saturday 14th March at 11.am. at Ladywell Centre, Lewisham.

Any disabled person in Southwark interested in participating in, or supporting the above events please contact:
Mary Marshall 639 8029.

Miss Marshall represents Southwark on the B.S.A.D. and also runs the Southwark Sports Club for the Disabled. Anyone interested in any kind of sporting activity will be most welcome to join the club. Please phone the above number for details.

For the past two years a small group of disabled people from Southwark have been going to Hyde Park to participate in horse riding. With the help of volunteers they are taken each Thursday evening by Social Services ambulances. All the riders including three confined to wheelchairs, have made great progress in all the various grades.

Last year two of the group represented Southwark at the Royal Windsor Horse Show. They were entered in the Disabled Fancy Dress Section. The two dressed as Long John Silver and Ben Gunn and were so successful that they won 1st prize. The cup was presented to the proud pair by Princess Anne.
We congratulate the group on their successful venture and hope that they continue their winning form throughout the coming year.

WHO ARE THE MEMBERS OF THE SDA EXECUTIVE COMMITTEE ?

Miss P. Sheere (chairman)	Dulwich Grove Saturday Club for the mentally handicapped
Christine Cheokley (secretary)	
Eileen McNally (vice chairman)	Age Concern Southwark
Christine Coombes (treasurer)	
Mrs. R. Brooksby	South London Spastics
Mrs. K. Rylatt	WRVS
Dr. J. Brothwood	Amicus Club
Mr. C. Taylor	Southwark Talking Newspaper
Mr. E. Guest-Collins	Southwark Club for the Blind
Jill Manthorpe	Bellenden Neighbourhood Centre
Irene Anderson	Southwark Disabled Sports Club
Mr. Bartlett	Multiple Sclerosis Society
Miss C. Lee	
Jenny Webb	Southwark Social Services
Mrs. O. Tuck	Peckham Guild of Friendship for the Disabled

Cllr. Mrs. P. Cooper

Co-opted Member : Mrs. P. Stewart-Roberts

President of the Association : Mayor of Southwark, Cllr. W. Payne.

****

THE IYDP STEERING GROUP is a sub-group of the SDA Executive, and has been set up to encourage local activities and initiatives. The group is anxious to hear from you, so that we can publicise these events.

Love Walk hostel is planning an open day on Saturday, 11th April.

There is to be a performance by the TC Handoll Theatre Group at the Aylesbury Day Centre in June.

In July there will be an exhibition of work by disabled people at the North Peckham Civic Centre.

- further details will be available later.

We want your views about local provision and needs, and the problems that you, as disabled people face and want dealt with.

STOP PRESS*****STOP PRESS*****STOP PRESS*****STOP PRESS***** STOP PRESS

MORE HOLIDAY NEWS There are holidays a ailable to disabled people and those with special needs :

1. Arthritis Care, 6 Grosvenor Crescent, London SW1X 7ER Holiday Centres and Self Catering Holidays. Apply to the Holidays Secretary.
2. British Deaf Association, 38 Victoria Place, Carlisle, CumbriaCA1 1HU tel: 0228 20188. Holidays for groups of elderly deaf people.
3. British Diabetic Association, 10 Queen Anne Street, London W1. tel: 323 1531. Hotels catering for diabetic diet.
4. British Red Cross Society, 9 Grosvenor Crescent, London SW1X 7EJ te: 235 5454. Holidays for frail elderly people.
5. John Grooms Association for the Disabled, 10 Gloucester Drive, London N4 2LP tel: 802 7272. Priority given to wheelchair users.
6. Marlborough Holiday Centres, 17/29 Warrior Square, St. Leonards-on-Sea, Sussex TN37 6BQ tel: Hastings 430877. Holidays for wheelchair-bound, ambulant and senior citizens.
7. MIND, 22 Harley Street, London W1N 2ED. Holidays for mentally handicapped people and psychiatric patients.
8. RADAR, 25 Mortimer Street, London WiN 8AB. tel: 637 5400 Publishes 'Holidays for the Handicapped', a comprehensive guide to holiday accommodation in Britain and abroad.
9. Royal National Institute for the Blind, 224 Great Portland Street, London W1N6AA tel: 388 1266. Free booklet available.
10. Winged Fellowship Trust, 2nd Floor, 64/66 Oxford Street, London W1N 9FF tel: 636 5575/5886. Holidays for the Disabled at the Trust's 3 purpose-built hotels.

****

STROKE CLUB Age Concern Southwark runs a stroke club every Wednesday afternoon from 2.30 pm. It is for pensioners (and their spouse if relevant) and takes people with speech and mobility impairment.
Unfortunately, at the present time, it is unlikely that transport to the club can be offered, as the ambulance is full.
For further details contact Peggy O'Mahony, Age Concern, 703 6105/6.

EXTRA CLUB PLACES The club for the visually handicapped which meets at Blackfriars Settlement has some vacant places for anyone interested in joining. The club organises various activities and meets on Tuesdays and Fridays. Transport can be arranged for anyone who needs it. For more information about the club and how to join, contact Mrs. Winnie Lewis, tel: 286 5812.

INTERNATIONAL EXCHANGES Would you like to exchange views and ideas with members of a club similar to your own in Deventer, Holland ? Would you be prepared to offer accommodation to a Dutch guest for a few days in October this year ? If you would like to know more about the Exchange Scheme between Deventer and Southwark, contact Christine Coombes at SCVS tel: 732 3731

ACCESS SURVEY As part of its contribution to IYDP, Southwark Institute of Adult Education is intending to carry out a survey of all the buildings used for classes and activities. It is hoped that a guide will be produced and that information will be gathered about the kinds of classes disabled people would want from the Institute. Anyone wishing to be involved (especially those who are themselves disabled in some way) should contact Miss M. Peel-Yates 9 Rockhampton Road, SE27. tel: 769 7317

pc 362.18

SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER
Nº4
MAY '81

Chairman : Miss Phyllis Sheere
Secretary : Mrs. Christine Checkley

FIRST THE GOOD NEWS.....

To mark International Year for Disabled People, Southwark Social Services Committee set aside £10,000 for one-off grants to voluntary organisations in the borough working with and for disabled people.

We have now heard that the following groups have been successful in their grant applications :-

	£
Age Concern	750
Amicus Club	300
Cambridge House Mental Handicap Project	600
Disabled Drivers Association	100
Handicapped Adventure Playground Association	5,000
JEM Club	300
Larr's Club	215
Love Walk Hostel	700
Multiple Sclerosis Society	1,000
PHAB Club	265
Southwark Club for the Disabled	800
Forward Planning Group - (1,000 has been set aside for consideration of ways of achieving the group's proposal)	
Southwark Talking Newspaper	300
SCVS Employment Unit	100
STARS association for Spastics	500

In most cases, the money is to be used by the groups for much needed equipment.

IYDP

AND NOW THE GREAT NEWS !!

We were thrilled to learn last week that the Southwark Disablement Association's application for funding under Urban Aid was successful !!!

This means that the Association will soon be a fully functioning organisation with 2 full time workers - a General Secretary and an Information / Advice Resource worker, with secretarial back-up from a part-time administrative secretary. These 3 workers together will soon be a position to further the aims of the Association - YOUR Association in as many ways as possible.

We will be keeping you informed on the developments. At present, advertisements have just gone out for the 3 new vacancies.

See back page for the advertisement.

DHSS BOOKLET

The Department of Health and Social Security has published a revised edition of the 36 page booklet "Help for Handicapped People". The booklet explains the full rang range of cash beneftis, Social Services and Welfare provisions available to disabled people, and has been specially re-written and redesigned to make the information and advice as accessible as possible. It can be obtained from any Social Security off Office.

In addition, the DHSS has also published a more specific guide entitled "Aids for the Disabled" describing the aids information Service, and how aids can be obtained. Both publications give details of where to go for further information, help and advice.

TALKING NEWSPAPER

The Southwark Talking Newspaper is issued on a cassette every 2 weeks and is availble to anyone who is either blind or unable to read for any other reason.

These tapes, whichlast for an hour and a half consist of items of interest such as sport, entertainments, cookery, and lists of talking books available. The second side of the tape consists of news taken from the South London Press.

Should you know of anyone who might welcome such a tape, contact, Dennis Huckle, 89 Whites Grounds, SE1 or telephone :- 403 2231

DRIVING TUITION

The JAMES DRIVING ACADEMY is running a campaign for the Year of the Disabled, and have set up an advisory service to help disabled people with such problems as car insurance, car purchasing and they have a list of garages who offer priority service to the disabled.

Also, they are prepared to offer driving lessons at a reduced rate to the disabled. As this involves the purchasing of a specially adapted car, they are asking disabled people who might be interested in such a scheme to phone them on 318 5307.

The Academy is a member of the Motor Schools Association and the Driving Instructors Association.

ADULT EDUCATION

You may have heard that adult education in Southwark has been reorganised. Now, nearly all adult education is provided through Southwark Institute, which has its main headquarters in Queen's Road, Peckham, and a number of local headquarters - the nearest one to people in the North West of Southwark being the Tabard Centre in Hunter Close, just off Tabard Street.

The Institute offers a wide range of educational and recreational classes at its many centre. These are likely to be of interest to many of you.

AS well as this mainstream provision, with which you will be familiar, the Institute can offer a number of services to local organisations. They can supply tutors who will work with groups on the educational aspects of their work, and if it is better, they will come to you.

These facilities apply to the borough as a whole, but, inparticular, if you live in the Tabard Street area, there will be a chance for you to discuss what is on offer with staff of the Institute, on Thursday, May 14th at 7.30 pm. in the Tabard Street Centre.

All are welcome.

AIDS

SPRINGBOARD SOUTHWARK which is a youth opportunities programme for unemployed teenagers in the borough, is in the process of setting up a project which will be making aids for the disabled. The project will be run by myself and 5 trainees, who will be on the scheme to gain some community service experience. It is hoped that the project will be able to provide small aids for the home, and eventually when the project is established, some conversion and adaptation work around the homes of disabled persons. Any disabled people in the borough of Southwark who would benefit from our services are welcome to contact us at the address below. We would also be prepared to hear from anyone who can refer work to us, or any other interested parties.

Jonathan Mann,
Springboard Southwark,
Tress House,
3-5 Stamford Street,
LONDON SE1 9NT tel : 261 9273

HOLIDAYS

A new organisation which aims to promote the development of holiday facilities for specific groups, including the disabled, has been set up. It can provide information regarding holiday facilities available for groups and also advice on sources of financial help. Supporting organisations include :-

Age Concern
RADAR
Leonard Cheshire Foundation
Multiple Sclerosis Society
National Council for One Parent Families
Arthritis Care
Gingerbread

Holiday queries should be sent to :-

Sue Finch,
Holiday Care Service,
2 Old Bank,
Station Road,
Horley, Surrey. tel: 029 34 74535.

TOURIST GUIDE

The London Tourist Board now have a Guide for Disabled Visitors. This is the first authoritative guide for many years. It includes the new illustrated guide to shopping, street markets, restaurants, cinemas, transport and sport. It lists a number of companies providing specialised car and coach hire - £1.20 inclusive of postage, from :-

the London Tourist Board,
26 Grosvenor Gardens,
London SW1.

INSURANCE SERVICE

Greenway Insurance Brokers have launched a national service to help disabled people and organisations working on their behalf to get all types of insurance. They have drawn up a comprehensive programme of different policies and offer advice on any insurance problems relating to disabled people.

Contact Greenway Insurance Brokers (UK) Limited at 64 Borough High Street, London SE1 1XF. Tel: 01-407 4658.

CHURCHES

The Working Group concerned with the Religious Life of Disabled People have produced a leaflet on how the churches can encourage the participation and integration of disabled people.

Details : Jane at SCVS. 732 3731

RENT AND RATE REBATES

As a tenant either council, housing association or private you are entitled to claim for a rent or rates rebate. If you are an owner occupier you may claim for a rates rebate.

How do you find out about claiming?

Apply for an information leaflet and application form from your local Housing Department or Advice Centre. (If you ring, either one, you will be sent relevent information) The leaflet explains the weekly amount you are allowed to earn and still receive a rebate. e.g.

A person living alone with an income of £40 per week can apply for a rent rebate of £5.13. per week if they pay a rent of £10 per week.

To find out your position, check your earnings in the appropriate leaflet or ask for help from the Advice Centre or Council.

Disabled people can claim a special rate relief if you have had to make alterations, or additions to your home to cope with your disability. For example, central heating, a garage or an extra room all will be taken into consideration when you are applying.
If you have any queries or problems concerning the above, Jill Manthorpe at the Bellenden Advice Centre (Tel. 639 8447) will be pleased to help.

HANDBOOK

The Disability Alliance, in conjunction with ATV's 'Link" Programme and the Spastics Society, have produced the 1981 Handbook. It contains up-dated information concerning benefits and services for the disabled. There is also a feature on making the International Year of Disabled People effective and a comprehensive list of names and addresses of voluntary organisations, Government departments, and advice centres for disabled people. It costs £1 plus 25p postage.

FROM : Disability Alliance,
1 Cambridge Terrace,
LONDON , NW1 4JL tel : 935 4992

FROM OUR READERS

WE'RE ALL PEOPLE

Although we are disabled
We don't want to be labelled.
We would like to take part with the able
In this Year of '81.
We would like to have much more fun
Either indoors or out in the sun.
Seaside, town and country too
To give us a different view.
Instead of sitting in four walls
Waiting for able people to call.
Sloping pavements there should be
Lower counters in shops so we can see.
Wider doorways there should be
Making life much easier for we.
Fixing things along the way,
Trying to make life mcuh more gay.
In this Year of IYDP,
Take us out of homes, put us in the community.
Give us the money you spend to keep us there -
And we'll find our own helpers to care.
We hope Maggie Thatcher reads this through
and then does a double U
With Jimmy Saville and Maggie too
We hope these things don't fall through.

Josie Reilly

THE YEAR OF THE DISABLED

Disabled though we may be
We are human as you can see
We know what we want to do
But other people have a different view.
We need to be given the chance
To do the things that you can do.
If only people could understand
What it means to lend a hand
Wouldn't life be grand ?
When this Year is out
Let us the Disabled have our say
Give us the chance to prove
There are lots of things we can do.
In fact, we are human just like you.

Wendy Oddy

EXHIBITION

There is an exhibition being held at the Design Centre till June 20th to examine the role of design in helping the disabled, and to stimulate better design.

Details : Design Council, 28 Haymarket, SW1. tel : 839 8000.

MEDICAL NEED FOR HOUSING

Miss Percy, Principal Management Officer in Southwark's Housing Department, has written the following account of the new system for the assessment of medical need for housing:

"Medical grounds are still important factors in considering Southwark residents for (re)housing.

classifications

The classifications of medical need now have new names, which are:-

Grade 1
Grade 2
No medical factor

Within these classifications, applicants/tenants are given points. As far as practicable, those within each points range should receive an offer of accommodation within a given time, as follows:-

Grade 1	100 points	- 3 months
	80 points	- 6 months
	60 points	- 9 months
Grade 2	40 points	- 12 months
	20 points	- 24 months
	5 points	- not within 2 years

No medical factor 0 points.

It will be open to any applicant/tenant to seek a re-assessment of his grade if he considers that his assessment does not truly reflect his health factor and the effect his present housing has on it.

However, re-assessment will generally not to be undertaken within twelve months of the last assessment unless there are special reasons for doing so."

THE SOUTHWARK DISABLEMENT ASSOCIATION which aims to bring together groups which work with and for disabled people in the Borough, is a newly established organisation funded under Urban Aid. It now needs 3 workers to launch this exciting venture.

a full time General Secretary
a full time Disablement Advice Resource Worker
(salaries currently £5,952 plus £915 L.W.)

a part time Administrative Secretary
(salary currently £2,254 plus £457 L.W.)

For more details and application form contact : Miss P. Sheere, 175 Friern Road, SE22 tel: 693 6020

SOUTHWARK DISABLEMENT ASSOCIATION

LONDON BOROUGH OF SOUTHWARK LIBRARIES
30 OCT 1981
Ack .....
Ans .....

NEWSLETTER NO. 6.

Chairman : Miss Phyllis Sheere
Secretary : Miss Mary Marshall

OCTOBER * 1981

YOUR INVITATION TO MEET THE S.D.A. WORKERS

WHO? Mary Marshall - General Secretary
Lesley Wilde - Information/Advice Resource Worker
Denise Croker - Part-time Administrative Secretary

WHEN? At the ANNUAL GENERAL MEETING of S.D.A. on Thursday, OCTOBER 29th in the AYLESBURY DAY CENTRE from 7.30 to 9.30 p.m.

We hope to meet you and hear your ideas about how the Association can best help you.

The Access Film showing the Mayor accompanying a disabled person into the shops in Rye Lane will be shown, together with a presentation of the I.Y.D.P. song composed at the Aylesbury Day Centre. Refreshments will be served.

There is limited transport available, so apply now if you are interested in attending and cannot make your own way. Telephone 701-1391.

We look forward to seeing you there -DON'T FORGET- 29th October.

CHRISTMAS CAROLS

We hope there will be a Carol Service on Sunday 20th December in St. Giles Church Camberwell, S.E.5.

If you would like to go, please let us know. There will be some transport available.

MORE NEWS in December newsletter about this.

I.Y.D.P. NEWS

AWARD SCHEME.

Mr. Rossi, Minister of State for the Disabled, has announced an award Scheme for "the most interesting projects to enhance the quality of life of disabled people".

Projects solely concerned with employment, housing or education are excluded, to avoid overlap with other awards.

Entry forms and rules are available from I.Y.D.P., 26, Bedford Square, London WC1B 3HU

DON'T FORGET too, the Royal Wedding Souvenir Fund 1981 for the Disabled. Grants will only be made for work which is voluntary, and it is intended that all grants will have been distributed by 31st March, 1982.

Application Forms and Guidelines are obtainable from the Director, The Royal Jubilee Trusts, 8, Buckingham St., London EC2N 6BU

I.Y.D.P. CHARTER WEEK
11 - 18th November, 1981

This is a special week to publicise an international plan to further the aims of I.Y.D.P. - prevention, integration and public awareness - into 1982 and beyond.

The Charter is being presented to Heads of Government throughout the world, and on the 11th November, our Prime Minister will be presented with the Declaration of the Charter.

The World Planning Group which drew up the Charter was chaired by Alf Morris M.P., and it has been adopted by Rehabilitation International, whose National Secretary in this country is the Director of RADAR

NATIONAL ACCESS WEEK

National Access Week, which was between 29th June and July 4th, was marked in Southwark by Southwark's Mayor, Councillor Charles Coveney, visiting Rye Lane shops with Judy Fairclough, who is confined to a wheelchair. You probably saw reports on the visit in the local papers.

COME to the A.G.M. on 29th October, and see the film made of this trip.

LIBRARY SERVICES

A new leaflet published by the Libraries' Department lists those libraries which have wheelchair access.

These are :-

Dulwich District Library - Lordship Lane
Bessemer Grange Library - Crossthwaite Avenue, S.E.5.
Kingswood, Seely Drive, S.E.21.
North Peckham Civic Centre, - Old Kent Rd., S.E.15.
Blue Anchor - Market Place, Southwark Park Rd., S.E.16.
Harper Rd., S.E.1.
Rotherhithe Library - Albion St., S.E.16.
Camberwell Church St., S.E.5.
Grove Vale, S.E.22.
Music Library - 34, Peckham Rd., S.E.5.
Peckham Hill St., S.E.15.
Brandon - Maddock Way, S.E.17.
East St. Library - Old Kent Rd., S.E.1.
Local Studies Library, Borough High St., S.E.1.
JOHN HARVARD.
Newhead Ramp

MOBILE LIBRARIES

These visit areas of the borough not serviced by a Branch library. Details of stopping places can be obtained by contacting -

Libraries in Southwark,
Administration Offices,
20 - 22 Lordship Lane,
SE22 8HN

Tel: 693-9221

A book delivery service is also available for those unable to visit libraries because of age, infirmity or disability. Applications to the above address.

TALKING BOOKS FOR THE HANDICAPPED

Please note new address - 12, Lant St.,
London SE1 1QR

Tel: 407-9417

LIKE TO COOK ?

Sainsburys have recently produced a booklet called "Cooking Made Easy for Disabled People" - cost 30p. It gives handy hints on kitchen utensils, safety factors, cooking techniques and some simple recipe ideas contributed by disabled people.

TATE GALLERY

There is an EXHIBITION for those who are BLIND or PARTIALLY SIGHTED of sculpture at the TATE GALLERY until November 1st.

For further information, please phone Corinne Bellow on 821-1313

GUIDE DOGS

The House of Lords will now allow blind people to take their Guide Dogs into the galleries.

ARTS FESTIVAL

Presented by Southwark Arts Council in association with Southwark Cathedral between 15th and 21st November. All events will take place in the Cathedral at different times of the day, and include organ recitals, poetry reading, a rock concert, the English Dance Theatre etc.

On 16th November at 7.30 p.m. there will be a performance of the Graeme Theatre Company - a group of actors with disabilities, performing their Comedy Review "Side Show".

When ordering tickets, please state if those attending are wheelchair users, so that special arrangements can be made.

DEAF OR HARD OF HEARING

INDUCTION LOOP SYSTEMS FOR THE DEAF AND HARD OF HEARING.

This enables those people using a hearing aid fitted with a T switch to have the sound of a meeting, play, service etc. fed directly to their hearing aid without the amplification of unwanted audience noise.

We are interested to know if any of these have been installed in churches, public halls, theatres or cinemas in Southwark.

If you know of one, please let us know on Tel: 701-1391.

So far, the only one we know of is in St. George's Cathedral.

MOTORFAIR

MOTABILITY AT THE EARLS COURT MOTOR SHOW.

The Motorfair at Earls Court - 21st - 31st October, will include a special Motability stand. There will be access for wheelchair users at the entrance on the ground floor next to the Warwick Rd. entrance at Earls Court.

Anyone who would like to go should contact the Exhibition Manager at Earls Court. Tickets are £2.00.

SPORT FOR THE DISABLED

The British Sports Association for the Disabled is updating its South East London Directory which is widely distributed and contains all information about clubs where sports are played by mentally or physically handicapped people.

If your club does play, for instance, table tennis, or participates in any other sport, e.g. swimming, please contact Mary Marshall, so that your club can be entered in the Directory.

Please also consider affiliating to B.S.A.D. - fee 50p. per year.

If there are individual disabled people interested in playing archery, or going swimming, (this is for those who do not already belong to a swimming club), Mary Marshall would like to know as well, as she is making enquiries about trying to incorporate these 2 sports in the Southwark Club for the Disabled.

Ann Smith, Tutor of Southwark Institute, is interested in getting a class started at the Adult Education Centre at Goodrich Rd., S.E.22. on Tuesdays, for UNICURL - a new game which can be played by people in wheelchairs, and for other sports and leisure activities.

The Institute may be able to provide some transport and a meal, so people can stay the whole day, i.e. 10 a.m. - 12; lunch, and then 1.30 - 3.00 p.m.

Please 'phone Ann Smith on 274-9041 if you are interested.

EMPLOYMENT AND THE DISABLED

S.C.V.S.'s Employment Unit have just published a report called 'Disabled People and Employment in Southwark'.

It is well worth reading and available from the S.D.A. office.

DISABLED WORKERS - If you have any comments about the MANPOWER SERVICE COMMISSION'S PROPOSAL TO ABOLISH THE QUOTA SCHEME FOR DISABLED WORKERS and replace it with a code of practice for employers, please let the S.D.A. office have them as soon as possible, as they have to be sent in by the end of the year.

TATE GALLERY

There is an EXHIBITION for those who are BLIND or PARTIALLY SIGHTED of sculpture at the TATE GALLERY until November 1st.

For further information, please phone Corinne Bellow on 821-1313

GUIDE DOGS

The House of Lords will now allow blind people to take their Guide Dogs into the galleries.

ARTS FESTIVAL

Presented by Southwark Arts Council in association with Southwark Cathedral between 15th and 21st November. All events will take place in the Cathedral at different times of the day, and include organ recitals, poetry reading, a rock concert, the English Dance Theatre etc.

On 16th November at 7.30 p.m. there will be a performance of the Graeme Theatre Company - a group of actors with disabilities, performing their Comedy Review "Side Show".

When ordering tickets, please state if those attending are wheelchair users, so that special arrangements can be made.

DEAF OR HARD OF HEARING

INDUCTION LOOP SYSTEMS FOR THE DEAF AND HARD OF HEARING.

This enables those people using a hearing aid fitted with a T switch to have the sound of a meeting, play, service etc. fed directly to their hearing aid without the amplification of unwanted audience noise.

We are interested to know if any of these have been installed in churches, public halls, theatres or cinemas in Southwark.

If you know of one, please let us know on Tel: 701-1391.

So far, the only one we know of is in St. George's Cathedral.

MOTORFAIR

MOTABILITY AT THE EARLS COURT MOTOR SHOW.

The Motorfair at Earls Court - 21st - 31st October, will include a special Motability stand. There will be access for wheelchair users at the entrance on the ground floor next to the Warwick Rd. entrance at Earls Court.

Anyone who would like to go should contact the Exhibition Manager at Earls Court. Tickets are £2.00.

SPORT FOR THE DISABLED

The British Sports Association for the Disabled is updating its South East London Directory which is widely distributed and contains all information about clubs where sports are played by mentally or physically handicapped people.

If your club does play, for instance, table tennis, or participates in any other sport, e.g. swimming, please contact Mary Marshall, so that your club can be entered in the Directory.

Please also consider affiliating to B.S.A.D. - fee 50p. per year.

If there are individual disabled people interested in playing archery, or going swimming, (this is for those who do not already belong to a swimming club), Mary Marshall would like to know as well, as she is making enquiries about trying to incorporate these 2 sports in the Southwark Club for the Disabled.

Ann Smith, Tutor of Southwark Institute, is interested in getting a class started at the Adult Education Centre at Goodrich Rd., S.E.22, on Tuesdays, for UNICURL - a new game which can be played by people in wheelchairs, and for other sports and leisure activities.

The Institute may be able to provide some transport and a meal, so people can stay the whole day, i.e. 10 a.m. - 12; lunch, and then 1.30 - 3.00 p.m.

Please 'phone Ann Smith on 274-9041 if you are interested.

EMPLOYMENT AND THE DISABLED

S.C.V.S.'s Employment Unit have just published a report called 'Disabled People and Employment in Southwark'.

It is well worth reading and available from the S.D.A. office.

DISABLED WORKERS - If you have any comments about the MANPOWER SERVICE COMMISSION'S PROPOSAL TO ABOLISH THE QUOTA SCHEME FOR DISABLED WORKERS and replace it with a code of practice for employers, please let the S.D.A. office have them as soon as possible, as they have to be sent in by the end of the year.

BANKING CHARGES

From September, Barclays started charging customers of other Banks for cashing cheques in Barclays branches, also National Westminster are charging Barclays customers.

RADAR has written to the Banks involved, pointing out that many disabled people are forced to use a branch of a bank other than their own, because of lack of access - particularly when away from home.

Anyone who has had any experience of this or has comments to make should contact John Stanford at RADAR, 25 Mortimer St., London WIN 8AB. Tel: 637-5400.

LOANS

The Abbey National Building Society have instructed their managers to accept applications for loans from disabled savers for property modifications, special equipment, adaptations or purchase of special vehicles.

INSURANCE

The Sun Alliance Insurance Co. is offering a £15.00 per year policy to disabled people, using special aids to insure against fire, theft, accidental damage, for full replacement.

Apply to : Sun Alliance Insurance,
27, Walton St.,
Aylesbury,
Bucks.

FEELING THE COLD

HEATING ADDITIONS

A recent Tribunal decision means that a family who receive supplementary benefit, may now receive a heating allowance for EACH member of the family who qualifies.

For example, if a man and his wife both receive mobility allowance, they will both be eligible for heating addition of £3.40 total £6.80.

FUEL BILLS

Now the cold weather is hitting us all, no doubt we shall be switching on our heating and dreading the electric or gas bill when it comes.

If you cannot pay the bill when it arrives, immediately contact the gas or electricity board and your local Social Services Area Office. The Fuel Boards are more sympathetic if they are told of immediate payment difficulties rather than waiting until the final warning arrives. It is sometimes possible to pay the bill in instalments over an agreed period of time, or to change the method of payment.

HOME INSULATION

Certain groups of people who receive supplementary benefit, including the elderly and disabled, will be eligible to receive grants to help with insulating their hot water tanks.

From November, 1981, MONEY AVAILABLE FOR INSULATION PROJECTS for elderly and disabled people - local groups using volunteers can receive help to provide the means to carry out loft insulation, draught proofing, tank lagging etc.

Details from - Lynn Hyams,
Neighbourhood Energy Action.
26, Bedford Square,
London WCIB 3HU Tel: 636-4066

ALL VOLUNTARY CLUBS

We would like to update our list of all clubs in the Borough which cater for physically or mentally disabled people.

Would you help us by filling in the attached form and returning it to S. D. A. office, Room 48, Aylesbury Day Centre, Boyson Rd., London S. E. 17.

AFFILIATION

Please remember to fill in the form below if you would like a copy of this newsletter regularly and become a member of Southwark Disablement Association.

Annual affiliation fee - 50p. individuals £3. 00 organisation, club or group.

Please complete and return to S. D. A. Office, Room 48, Aylesbury Day Centre, Boyson Rd., London S. E. 17.

Name.....

Organisation (if any).....

Address.....

We enclose £3. 00 annual affiliation fee to SOUTHWARK DISABLEMENT ASSCN.

I enclose 50p. annual affiliation fee to SOUTHWARK DISABLEMENT ASSCN.

Signed.....Date.....

All subscriptions paid now need not be renewed until January, 1983.

WE NEED YOU

We are hoping to publish next year a booklet on Benefits and Services available for disabled people. We want to include in this details on how to go about claiming benefits, and any difficulties which may be encountered.

To help us with this, we urgently need to know if you've had any difficulties. No matter how small, we would like to hear about them. (Obviously, these will be treated in confidence and your name would not appear in print.)

Please contact Mary Marshall, Tel: 701-1391.

URGENT
YOUR COMMENTS AND VIEWS ARE NEEDED

This is YOUR NEWSLETTER, so please send us news and ideas which we can use in future editions - e.g. Did anyone from your organisation come to the Training Days in September - what did they think of it? Did you come to the Sports and Fun Day on August 8th - Die you go to see the Royal Wedding procession?

SHARE YOUR EXPERIENCES WITH US - All material to S.D.A. office, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17.

HALF PRICE TRAIN TRAVEL FOR THE DISABLED

If you are disabled and qualify to buy a railcard costing £10 but is valid until 31st December 1982, you will be able to travel with an adult escort for only half-fare each.

You apply by completing an application form and taking it with proof that you qualify, to the Post Office, who will certify it. Then you send the completed, signed application and £10.00 to -

British Rail,
Dept. XX,
P.O. Box 28,
York YO1 1FB

DO YOU QUALIFY?

Yes - if you are registered blind or partially sighted.

- if you receive Attendance or Mobility allowance.

- if you receive Private Car Allowance a DHSS car, a three wheeler or buying or leasing a vehicle through the Motability scheme.

- if you are entitled to Industrial Disablement benefit.

- if you receive War or Service Disablement Pension - for 80% or more disability - here you will send the completed application form, quoting your payment ref. no. and £10.00 to British Rail, Dept. XX, P.O. Box 28, York YO1 1FB.

THEN show your Disabled Persons Railcard to the booking clerk or travel agent when you buy your ticket.

ALL FURTHER DETAILS ARE ON LEAFLET "HALF PRICE TRAIN TRAVEL FOR THE DISABLED"

which explains what you need to show at the Post Office to confirm eligibility for the scheme.

GARDENERS

The Royal Horticultural Society's Garden at WISLEY between Cobham and Ripley (just off the A3) is open -

10 - 4.30 p.m. November - January
10 - 7.00 p.m. February - October

FREE ENTRY to disabled people for the rest of 1981. (Closed Christmas Day)

There are wheelchairs for hire free of charge, and there is a disabled toilet and a special garden for disabled people.

TAKE YOUR MEDICINE

BRAILLE labels for medicine bottles are available free to G.P.s and chemists from Veganin Braille Labels, 35 Dover St., W.1. If you could benefit from these labels, draw your doctor or chemist's attention to the fact.

HOSPITAL FARES

A person on a low income can claim for fares to hospital under certain circumstances. If you have to travel to hospital for treatment, either as an inpatient or an outpatient and are in receipt of the following :-

1. Supplementary Benefit or FIS.

2. A War Pensioner receiving treatment for your pensioned disablement.

3. On a low income despite being employed full-time.

You should be able to claim your fares to hospital.

If someone on a low income has to travel to hospital to visit a relative, they may also be eligible to claim fares.

Information about this is laid out in the DHSS Leaflet H11, which includes a form which a patient claiming fares can use to make their application.

Soneone who is visiting or escorting a patient should apply direct to their Social Security Office.

WAR PENSIONERS

PRIVATE CAR

ALLOWANCE

This is to be increased from £250. per year to £350. tax free from 1st October, 1981.

INVALID CARE ALLOWANCE

This is NOW PAYABLE TO A FRIEND who stays at home to look after a severely disabled person. There are still certain categories of people who are not eligible for the benefit - e.g. married women living with their husbands or living separately but receiving maintenance, those in full-time education and children under 16.

The carer must be engaged for at least 35 hours per week in caring.

Payments cease on receipt of retirement pension or when net earnings are more than £6.00 per week.

The amount is currently £16.30 per week and it is a non-contributory benefit.

WANTED!!

A secondhand typewriter for a disabled person. Please contact S.D.A. if you have one for sale cheap.

Voluntary Clubs for Physically and Mentally Handicapped People.

Name of Club.

Venue.

Days and Times it Meets.

Transport Available.

Age Range

Type of Disability Catered For.

Club Leader

Address

Tel. No.

Person to Contact for Referral or Information if Different to Club Leader.

Type of Activity Engaged In.

Please inform S.D.A. at address below, if there are any changes to above, so an up to date list can be kept in office.

Southwark Disablement Association,
Room 48, Aylesbury Day Centre,
Bradenham,
Boyson Road
London S.E.17.

Tel: 701-1391

LONDON BOROUGH
OF SOUTHWARK
SOUTHWARK
COLLECTION

SOUTHWARK DISABLEMENT ASSOCIATION

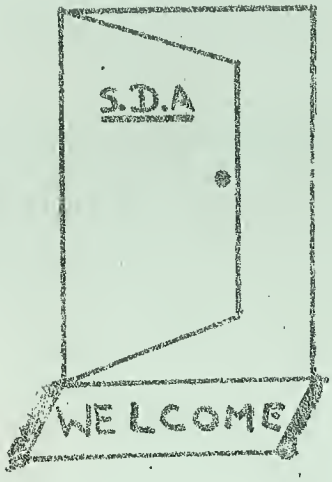
NEWSLETTER NO. 7.

Chairman : Miss Phyllis Sheere
Secretary : Miss Mary Marshall

DECEMBER 1981

WE WISH YOU ALL A
HAPPY CHRISTMAS

WE ARE OPEN !!



YES! The SOUTHWARK DISABLEMENT ASSOCIATION has now opened its doors for advice and information to disabled people, and to those working with the disabled.

We offer you a warm welcome, and hope you will contact us if you need help.

WHERE WE ARE : Room 48, Aylesbury Day Centre, Bradenham, Boyson Rd., S.E.17.

Telephone : 701 - 1391

WHEN WE'RE OPEN :

Monday	1.30 - 3.30 p.m.
Wednesday	10.00 - 12.00 a.m.
Friday	1.30 - 3.30 p.m.

And Other Times are by Arrangement.

The news we give you doesn't arrive through smoke signals, but via this Newsletter. So, to keep in touch with all the issues affecting disabled people, both in Southwark and in other areas, why not become a member of the Association, and ensure you always receive a copy.

It's only 50p. for individuals, and £3.00 for organisations.

Details on back page.

LESLEY WILDE, S.D.A. RESOURCE WORKER.

I have recently begun working in the S.D.A. office as an Advice/Resource Worker.

What I hope to do within the next months, is to visit as many clubs, advice agencies, Social Services offices, voluntary groups, and agencies, and disabled people as I can. I need to find out from you -

1. What provision you think already exists in the Borough for disabled people - in employment, education, health, leisure, Social Services, housing, transport etc.

2. What you see as the main issues/problems affecting disabled people both in Southwark, and in the country as a whole.

3. What you would like to see the S.D.A. do.

So - If you have any views on this, and you are disabled yourself, a member of your family is disabled, you work with disabled people, or if you are able-bodies and want to do something positive about the problems affecting disabled people - then please contact me. I would like to hear from you.

INTERESTED IN THE THEATRE, CINEMA, ETC?

ARTSLINE has been set up by Capital Radio to deal specifically with queries about Arts venues and other matters relating to the Arts.

They open their 'phone lines on 8th December on 625-5666.

A volunteer access survey has been compiled to help ARTSLINE gather detailed information about as many venues in the Greater London area as possible.

If you are visiting a theatre, cinema, museum, gallery or any other hall etc. and could fill in a form re its access and suitability for wheelchair users and other disabled people, please ask us at S.D.A. for a form.

MOTABILITY

Motability can now offer on hire purchase, (using all or part of your mobility allowance over a period of 2 years), a selection of electric wheelchairs at a discount.

Also, the Motability scheme has been extended to USED CARS under 4 years old which have done less than 40,000 miles.

The A.A. will have to inspect the car first and provide an insurance for 2 years against the cost of parts and labour necessary, as a result of a mechanical breakdown.

Application forms and further details from -

MOTABILITY
The Adelphi,
John Adam St.,
London WC2N 6AZ

IT'S A GAS

British Gas have many cooker adaptations for disabled people. For people over retirement age, and for registered disabled people living alone, the local Gas showroom will make arrangements for a free safety check to be made on your equipment, and they also have a team of Home Service Advisors, who will visit you at home free of charge, to give advice.

S.C.A.P.S.

Southwark Community Alarm Partnership Scheme, is an alarm scheme free of charge, aimed at helping people living in the community who may be at risk, e.g. suffering from heart disease, in danger of falling etc.

It enables neighbourhood volunteers to help when an emergency occurs by getting the volunteer to the scene quickly.

To meet the criteria for the scheme, you must be frail <u>or</u> have a defined physical disability, which restricts mobility or makes you prone to sudden emergencies <u>or</u> be recovering from an illness/operation and require the alarm to aid rehabilitation. (This may be a temporary installation). You must not show signs of mental deterioration and so be unable to work the alarm correctly.

More details about criteria for qualifying and how the scheme works from the S.D.A. office.

CHRISTMAS BONUS

To obtain the Christmas Bonus, worth £10.00 tax free this year, you must be entitled to one of the following benefits during the week beginning 30th November -

Retirement pension/over 80 pension
Widows' benefit
Attendance allowance.
Invalid Care allowance.
Invalidity pension.
Non-contributory invalidity pension (including Housewives' NCIP)
Supplementary pension.
Unemployability allowance/constant Attendance allowance paid with War or Industrial Disablement pension.
War Disablement pension if you are over pension age, retired and do not get one of the other qualifying benefits.
War widows' pension.
Industrial Injuries Widows' or Widowers' pensions.

However, if you think you are eligible, check with your local D.H.S.S. Office.

If you are entitled and have not received the bonus by the end of December, ask at your local D.H.S.S. office as soon as possible, as there is a time limit for claiming it.

CAROLS

There will be a Carol Service on Sunday, 20th December at 6.30 p.m. in St. Giles Church Camberwell.

We hope you will all give your support as this will be the last event for I.Y.D.P.

LET'S CLOSE THE YEAR ON A

HIGH NOTE!!!

COME TO A PARTY

ON YOUR OWN ON CHRISTMAS DAY?

The People Care Association are arranging a Christmas Day Party.

There are some places left and transport would be available. Food and entertainment provided.

CONTACT S.D.A. WITHOUT DELAY.

We will pass your name on.

I. Y. D. P. NEWS.

Next Year is NOT the International Year of Disabled People.

This year it was.

WHAT BENEFITS DO YOU THINK IT BROUGHT TO DISABLED PEOPLE IN 1981?

Do you think able-bodied people understand some of the problems? Are they more aware?
Do Planners design buildings with access for disabled people in mind?
Are employers more aware of the special needs of disabled people?
Is transport provision better?
Is housing adapted and designed for disabled peoples' needs?
What about educational opportunities for disabled people.

The Southwark Disablement Association feels that I. Y. D. P. highlighted many of the issues, but many of the solutions could not be implemented. Financially, disabled people suffered more in I. Y. D. P. than in 1980. Cuts in expenditure affect disabled people - cuts in services, in welfare aid, in housing, in transport in hospitals etc.

Write in and tell us, or give us a ring - we will represent your views in the next newsletter.

Send us ideas of how we can continue to let able-bodied people know that in 1982 and 1983 and 1984..... WE STILL "WON'T GO AWAY".

"ON THE CARDS"

One British company is really playing the game when it comes to contributing towards the I. Y. D. P.

They are Waddingtons, who have produced new, easy-to-see playing cards for old people or anyone else with sight difficulties.

They are wider than usual for easy handling and feature strong lettering with large corner numbers.

They cost £1.65 a pack from W. H. Smith or direct from the Royal National Institute for the Blind.

LIBRARY NEWS

Please note the following amendments to October Newsletter's Library Services list :-

John Harvard Library, 211, Borough High St., S.E.1.
HAS WHEELCHAIR ACCESS.

Nunhead Library, Gordon Rd., S.E.15. NOW HAS A RAMP.

The Music Library, 34 Peckham Rd., S.E.5.
DOES NOT HAVE WHEELCHAIR ACCESS.

S.D.A. ANNUAL GENERAL MEETING - DID YOU COME?

The A.G.M. of the Southwark Disablement Association, held at the Aylesbury Day Centre on October 29th, was well attended by representatives from both voluntary and statutory organisations in the Borough.

The Chairman's Report began by thanking everybody who had supported the Association throughout the year, and re-affirmed its aims - to bring together all organisations working within the field of handicap, - to provide a forum for discussion regarding problems for disabled people, and a centre for the dissemination of information to all agencies in Southwark.

To achieve these aims, the Association had made a successful application for an Urban Aid Grant to set up a centre in Southwark, employing a full time General Secretary, a Resource Worker, and a part-time Administrative Secretary. A lot of groundwork had gone on throughout the year in contacting and liaising with agencies in the Borough. The S.D.A. had also produced a regular newsletter which acts as a means of communication between groups.

A report was given to the meeting regarding Borough plans for I.Y.D.P. and the ways in which S.D.A. played a role in making the year successful in highlighting the needs of disabled people. £10,000 had been earmarked for voluntary groups working with disabled people, from Southwark Social Services, and the majority of the 20 groups which had applied, received grants.

Throughout the year, the S.D.A. had liaised with departments within the Council, and was particularly involved in planning a Training event, involving workers in voluntary and statutory organisations. Members of the Association had also assisted Southwark Institute in conducting an 'access' survey.

Various events had taken place throughout the year including a theatre presentation by a group of disabled actors, a Sports/Fun day, "Access" week, where the problems of mobility and access were highlighted, and, to end the year, a Carol Service in St. Giles Church.

NEW SELF-HELP GROUPS

We're reproducing a letter, written to the Disabled Living Foundation from Jenny Estermann and Kay Chehata - 2 Marlow Court, Colindeep Lane, London NW9 6EB. Tel: 200-6920

"As disabled parents ourselves, we are proposing to form a group to help, advise and encourage all disabled people who want to experience the joys of parenthood. We aim to include those disabled people who have not yet started along the road to parenthood and those who are already travelling on it.

We hope to open the eyes of the general public, in this International Year of Disabled People, to the fact that disabled people can make as good a job of parenthood as anyone else. We face many different sorts of problems - apart from the practical difficulties which we have in anything we do, we have to break down the prejudices held against us by many people, including, unfortunately, parts of the medical and social work professions.

Although much is being done to encourage young disabled people to lead as normal a life as possible, it has been overlooked that these people are growing up and will want to get married and have children. This is where they need the help, understanding and advice of those of us who have already gone through the experience.

We would like to invite any of your readers who are interested in joining our group to write to us, enclosing a stamped addressed envelope please, or to telephone us, preferably any evening between 8.30 and 10.00 p.m."

Southwark's Link Line has 2 numbers now -

701 - 1231)
299 - 1515) Open 9 - 5 Weekdays

Linkline tells you who does what at Southwark.

AGROPHOBIA

A group of agrophobics are trying to get in touch with other agrophobics, ex-agrophobics, or interested people to form a self help group.

If you are interested or know anyone who might be, contact Stella Baker on 693-7167 after 2.30 p.m.

NEW BENEFIT RATES AS FROM 23rd NOVEMBER, 1981

	Existing Weekly Rate	New Weekly Rate
Standard rate of invalidity pension		
Single person	£26. 00	£28. 35
Wife or other adult dependent.	£15. 60	£17. 00
Invalidity Allowance		
Higher Rate	£5. 70) £5. 45)	£6. 20
Middle Rate	£3. 60) £3. 45)	£4. 00
Lower Rate	£1. 80) £1. 75)	£2. 00
Standard Rate of Unemployment and Sickness Benefits.		
Beneficiary under Pension Age		
Single Person	£20. 65	£22. 50
Wife or other adult dependent.	£12. 75	£13. 90
Attendance Allowance		
Higher Rate	£21. 65	£23. 65
Lower Rate	£14. 45	£15. 75
Non-Contributory Invalidity Pension and Invalid Care Allowance		
	£16. 30	£17. 75
For a wife or other adult dependent	£9. 80	£10. 65

NEW BENEFIT RATES AS FROM 23rd NOVEMBER, 1981 (cont...)

Main Increased Supplementary Benefit Rates.

	Existing ordinary weekly rate	Existing long-term weekly rate	Proposed ordinary weekly rate	Proposed long-term weekly rate
Supplementary Benefit				
Husband and wife	£34. 60	£43. 45	£37. 75	£47. 35
Person living alone	£21. 30	£27. 15	£23. 25	£29. 60
Non-householder - age 18 and over	£17. 05	£21. 70	£18. 60	£23. 65
age 16 - 17	£13. 10	£16. 65	£14. 30	£18. 15
Any other person aged -				
11 - 15 years	£10. 90		£11. 90	
Under 11 years	£7. 30		£7. 90	

	Existing weekly rate	Proposed weekly rate
Non-householder housing addition	£2. 15	to be announced
Heating additions to supplementary benefit -		
lower rate	£1. 40	£1. 65
higher rate	£3. 40	£4. 05
Dietary additions to supplementary benefit		
lower rate	£1. 20	to be announced
higher rate	£2. 80	to be announced
Blindness addition to supplementary benefit	£1. 25	no change
Addition for claimant, or dependant over age 80	25p.	no change

NEW BENEFIT RATES AS FROM 23rd NOVEMBER, 1981 (cont..)

	Existing Weekly Rate	New Weekly Rate
Mobility Allowance	£14. 50	£16. 50
Child Benefit		
Each child	£4. 75	£5. 25
Standard Rate of Retirement, Widows' Pensions, Widowed Mother's Allce.		
Single Person	£27. 15	£29. 60
Wife or other adult dependent.	£16. 30	£17. 75
Family Income Supplement		
Prescribed amount for family with one child (income below which FIS is payable)	£67. 00	£74. 00
Increase in prescribed amount for each additional child.	£7. 00	£8. 00
Maximum weekly amount for a one-child family.	£17. 00	£18. 50
Increase in maximum amount for each additional child.	£1. 50	no change

Other benefits have been affected too - for information on them, or anything else about your entitlement to benefit, contact us at S. D. A.

GOING PLACES...

Plancare is a new travel service for disabled people. Mr. Ron Plant, Managing Director of Plantravel, has been actively involved in various aspects of travel for disabled people for some years and he has now decided to launch the Plancare Travel Service to provide a comprehensive service aimed at facilitating travel arrangements for the disabled person.

Plancare hopes to cover all aspects of travel, whether it be a study tour to Carthage for a group of disabled students, or a weekend jaunt to the West Country by rail for a family of four.

For further details, please contact either Jacky Worrow or Alison Wragg at Plancare Travel Service, 114, Main Road, Sidcup, Kent, or telephone 302-7738/9.

SHOOT OR SWIM

Are you interested in learning to play archery?

or

Would you like to go swimming?

Please let Mary know so she can go ahead with making the arrangements.

Tel: 701-1391 (office)
639-8029 (home)

SOUTHWARK ENTERPRISE

For Employment of Disabled Persons

c/o Training Workshop, 42, Braganza St., London S.E.17. Tel: 582-8555

If you are disabled and are looking for work, education or training, get in touch with this group of disabled people.

THEY MAY BE ABLE TO HELP YOU.

UP THE RIVER...

Wednesday, 16th - 24th December 1981.

The British Waterways Board have asked asked us to publicise their Christmas event at Little Venice, London W.2.

Trips run twice daily at 11 a.m. and 2.15 p.m. Tickets are £1.25 and children of 12 and under receive a Christmas present from Santa.

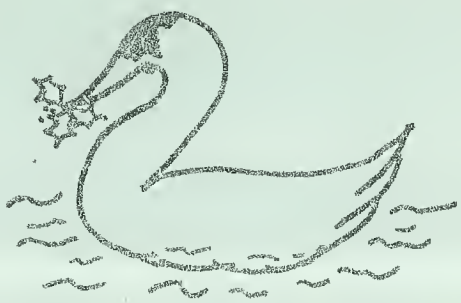
Reductions for parties on the 11 a.m. trip, and disabled groups are welcome.

There is not sufficient room for wheelchairs on the boat, but a few non-ambulant passengers can be accommodated if they can be carried aboard.

Further details from -

The Canal Office,
Delamere Terrace,
Paddington, W2 6ND

Tel: 286-6101



ARE YOU AN ARTIST

A group of disabled artists are working with the Arts Officer for Lambeth to produce a season of arts events at the beginning of 1982, covering "Visual and Tactile Arts, (painting, sculpture, collage, camera work etc.), music, creative writing, drama, dance".

Any practising artist with a physical, sensory or mental impairment, whether or not they live in Lambeth, who would like to help plan or participate in the season, should contact -

Kirsten Hearn/Keith Armstrong, for
Artists with Disabilities,
c/o Judith Schrut,
Arts Officer,
Lambeth Amenity Services,
164, Clapham Park Rd.,
SW4 7DD.
Tel: 622-6655

CITIZENS ADVICE BUREAU

Peckham will get its own branch of C.A.B. next year, but meantime, it will hold a once weekly session on Wednesdays, 10 a.m. - 1.00 p.m. at Peckham Methodist Church, in Woods Road.

A DAY AT THE RACES -

Newbury Racecourse has recently opened a ramped viewing stand for disabled spectators in the Members Enclosure, accommodating up to 8 wheelchairs.

Anyone wishing to attend a National Hunt meeting there should contact the racecourse in advance.

Tel: Newbury 40015

G.L.A.D.

The Greater London Association for the Disabled is a voluntary organisation which tries to help disabled people in the Greater London area.

It particularly encourages the formation of local Borough Associations such as ours, and provides a centre for advice and guidance to disabled people and organisations.

It prints a journal quarterly, price £2.00 per year, which can be obtained from their Head Office, at 1, Thorpe Close, London W10 5XL, and they would be interested to hear news of what is going on in Southwark, or your views.

2ND REQUEST

WE NEED YOU !

We are hoping to publish next year, a booklet on Benefits and Services available for disabled people. We want to include in this, details on how to go about claiming benefits, and any difficulties which may be encountered.
To help us with this, we urgently need to know if you've had any difficulties. No matter how small, we would like to hear about them. (Obviously, these will be treated in confidence and your name would not appear in print.)

Please contact Mary Marshall; Tel: 701 - 1391.

URGENT !!

YOUR COMMENTS AND VIEWS ARE NEEDED

This is YOUR NEWSLETTER, so please send us news and ideas which we can use in future editions. We have already asked for your views on I.Y.D.P. - write to us about that or anything else.

SHARE YOUR EXPERIENCES WITH US.

All material to S.D.A. Office, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17.

ALL VOLUNTARY CLUBS

We would like to update our list of all clubs in the Borough which cater for physically or mentally disabled people. Only a few clubs have responded so far.

Would you help us by filling in the attached form and returning it to S.D.A. Office, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17.

AFFILIATION

Please remember to fill in the form below if you would like a copy of this newsletter regularly and become a member of Southwark Disablement Association.

Annual affiliation fee - 50p. individuals, £3.00 organisation, club or group.

Please complete and return to S.D.A. Office, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17.

Name.....

Organisation (if any).....

Address.....

.....

We enclose £3.00 annual affiliation fee to Southwark Disablement Association.

I enclose 50p. annual affiliation fee to Southwark Disablement Association.

Signed.....Date.....

All subscriptions paid now need not be renewed until January, 1983.

GREATER LONDON ASSOCIATION FOR THE DISABLED

Information Officer:
Anne Ketley 01-960 5799

1 THORPE CLOSE
LONDON W10 5XL

Chairman:
Richard Learner, BSc., PhD., FRAS.

Director:
Mrs. Margaret Lorek

Information compiled: August 1981
© ISSN 0143-0033

BENEFITS FOR HANDICAPPED PEOPLE OF PENSION AGE

The information in this sheet covers those benefits which are available to you as a disabled person of pension age. It concentrates on cash benefits or benefits that save you money. We have tried to condense a very complex field as simply and accurately as possible but the limited space available has only enabled us to produce guidelines. Any further explanations you require can be given either by this Association or one of those mentioned at the end of the sheet. Also if you are refused any of the benefits they will be able to advise you on your right to appeal against the decision. The benefit rates quoted are those current at the time of going to press but we have given the November 1981 increases in brackets.

The official pensionable age is 60 for a woman and 65 for a man. When you reach this age you must decide whether or not you wish to retire. You do not have to retire straight away but your retirement pension will not be paid until you do retire. You may choose to retire before you reach 60/65 but your pension will not be paid before you reach that age.

You cannot put off your retirement any longer than the age of 65/70. At this age you are considered to be retired, and your pension is paid irrespective of whether or not you are working. This means that you can earn as much as you like and still receive your retirement benefits, although they will be taxed alongside your earnings.

How much retirement pension you receive will depend on a number of factors i.e. the number and type of national insurance contributions you or your spouse have paid during your working lives, your age, the age of your spouse and when you were married. We have given some basic details below but you should find out about your own entitlement by asking your local Social Security office to work it out for you or you can obtain booklets from the organisations mentioned at the end of this sheet which will explain in detail how you can work this out.

Retirement Pension — this is taxable but is set against a more generous tax allowance, up to a maximum income. If you are a man or woman claiming on your own contributions or a widow claiming on your late husband's contributions — **basic** £27.15 **(£29.60)** a week; if you are a married woman claiming on your husband's contributions — £16.30 **(£17.75)** a week; if you are a man, single woman or widow aged over 80 — £16.30 **(£17.75)**; if you are a married woman aged over 80 — £9.80 **(£10.65)** a week. ***Additions*** — £16.30 **(£17.75)** a week for a dependent wife (or a woman looking after your children) reduced if she earns over £45, and the same amount for any other adult dependent — unless they earn £16.30 **(£17.75)** a week or more; £7.50 **(£7.70)** for each dependent child. If you are over 80 years old, you will receive an extra 25p a week. ***Criteria*** — you must be at least 60 if you are a woman and 65 if you are a man; you must not be doing any paid work or only doing a small amount from which you earn no more than £52 a week; you must satisfy certain contribution conditions in order to qualify for the basic pension. If you do not fulfil these conditions you may be paid at a reduced rate. In this case, the addition for an **adult** dependent would be reduced by the same proportion, although the addition for a dependent child would remain at the standard rate. ***Application*** — notify your local Department of Health and Social Security office (address in your local telephone directory) 4 months before you wish to retire and, at the latest, within 3 months of having retired, since payments cannot be backdated further than this.

There are two further pensions which can be paid with a retirement pension, provided you fulfil the requirements. One of these is a **graduated pension.** If you worked and paid Class 1 contributions from 1961 to 1975 you will have also paid graduated contributions. This will entitle you to a graduated pension of 3½p per week for every £7.50 you paid in if you are a man and 3½p per week for every £9.00 you paid in if you are a woman. Widows, and now in some cases widowers, can add half of their late spouse's graduated pension to their own.

The second pension is an **additional** one which is paid if you retired after April 1979. It is based on your earnings since April 1978. This additional pension may be paid to you by your employer, if he has chosen to 'contract out' of the State pension scheme. If he has not 'contracted out' you will have been paying into the State scheme and will therefore receive the pension, together with your retirement pension and any graduated pension, from the State. If you became widowed after April 1979 you may be able to receive this additional pension based on your spouse's contributions. Booklets which can be bought from Age Concern and the Child Poverty Action Group (addresses at the end of the sheet) help you to work out what your graduated and/or additional pension should be.

It may be that when you reach pension age you are not working but receiving one of the following benefits paid to handicapped people in lieu of earnings.

Non-Contributory Invalidity Pension (NCIP) — £16.30 **(£17.75)** a week plus £9.80 **(£10.65)** for a dependent wife or other adult dependent and £7.50 **(£7.70)** for each child. You can carry on receiving this benefit after pension age if it is more than you would receive from a retirement pension. You would receive your retirement pension and have it topped up with your NCIP so that you are not worse off by retiring.

Housewives Non-Contributory Invalidity Pension (HNCIP) — £16.30 **(£17.75)** a week. Again, you can receive this after pension age if it is more than your retirement pension would be or if your husband is not yet claiming an addition for you on his own pension.

Invalid Care Allowance — £16.30 **(£17.75)** a week. Again, you can receive this after pension age if it is more than your retirement pension would be.

Invalidity Benefit — £26.00 **(£28.35)** a week, with a possible invalidity allowance, plus additions for a wife, other adult dependent and children. You should retire if you are receiving this benefit, but nothing else. You continue to receive your invalidity allowance with your retirement pension, which is slightly more than the invalidity pension, and you would therefore be slightly better off. It becomes more complicated if you are receiving another income, say from an occupational pension. Because retirement pension is taxed and invalidity benefit (at the moment) is not taxed,

you may be better off staying on invalidity benefit. It depends on how large your other income is and therefore how much tax you would have to pay if you retired. However, the government is going to tax the invalidity benefit, although this will not be before 1983, and in order to prepare for this they will not increase this benefit each year as much as they will increase the retirement pension. If you decide therefore not to retire because you will be better off on invalidity benefit now, check regularly that the position has not changed so that you can retire as soon as you feel you would be better off on retirement pension. You should notify your local social security office when you decide to retire. If you are not sure what to do, one of the organisations at the end of this sheet will try to help you to sort it out.

Once on retirement pension (or in fact if you continue to receive one of the other benefits mentioned) you may find that you are not receiving enough money to meet all your needs, in which case you may be entitled to a supplementary pension.

Supplementary Pension — DHSS leaflet SB1* — the amount varies from person to person but it is not taxable. You have to work out your total income and compare that to a prescribed rate set by the State for your needs and those of your dependents, plus an additional amount for housing costs. The rate is £27.15 **(£29.60)** a week if you are single or £43.45 **(£47.35)** if you are married. You can add £1.25 a week to this if you are blind (£2.50 if you and your spouse are both blind) and 25p a week if you are over 80 (50p a week if you are both over 80). Add to this the amount you pay for rent, rates and water rates if you rent your home, **or** your ground rent, rates and mortgage interest repayments plus £1.25 for repairs, if you own your own home. ***Criteria*** — if your income is less than the amount you work out above you will receive the difference — unless you have savings of over £2,000; in this case you will not receive any supplementary pension. ***Additions*** — you may also be able to claim extra amounts on top of your weekly allowance for additional expenses, called **additional requirements payments.** For example, if you are entitled to supplementary pension and you receive attendance or mobility allowance you will automatically receive an additional £3.40 **(£4.05)** a week for heating expenses. Even if you do not receive either of these two allowances, similar or lesser amounts are available if you or one of your dependents needs extra heating because of poor health, or you find it difficult to get around, or your home is damp or difficult to heat. If you are over 70 you will automatically receive £1.40 **(£1.65)** a week. There are also specific amounts of money which can be added for dietary expenses and laundry expenses if you fulfil the requirements laid down by the DHSS and you can receive an extra weekly addition for a number of other specific needs. If you are receiving supplementary pension, lump sum payments called **single payments** can be made to meet special needs but these needs have been strictly defined by the DHSS. For example, if your disability causes you to wear out clothes or footwear faster than usual or if linen and bedclothes wear out because you are incontinent (and you do not already get an extra weekly payment for this) you might be able to get financial help to replace them. If you feel that you have a need, resulting from your disability, for which you require financial assistance you should write to your local supplementary benefit office stating the help you require.

**All DHSS leaflets can be obtained from your local Social Security office, whose address will be in your telephone directory.*

If you are not entitled to any supplementary benefit you may still be eligible for rent rebates/allowances and rate rebates. These are available to anyone but the rebate will be larger if you are registered with your local Social Services as disabled or if you are considered by them to be disabled even though you are not actually registered. You cannot receive both supplementary pension and rent/rate rebates so you should find out which of the benefits would be of most value to you. (Don't forget that the 'extras' that come with supplementary benefit do not come with rent/rate rebates. If you are in receipt of supplementary pension ask your local Social Security office to check which you would be better off claiming). Rent rebates are for council or new town tenants, rent allowances for private tenants (including housing association tenants) and rate rebates are for all people who pay domestic rates (water and sewage rates are **not** included).

Rent Rebates/Allowances — application forms from Local Authority Housing Department. The amount you receive is determined by three factors; your rent (this is purely for accommodation so that if the amount you pay includes services and furniture, a certain amount will be deducted to take account of these); your average **gross** weekly income (including your spouse's income but **excluding** such items as attendance or mobility allowance, the first £4 a week of any war or industrial disablement pension, £9.60 **(£15.25)** of your weekly pay and £5.00 of your spouse's); and the size of your family. Having established your gross income, this figure is then compared with specific amounts set by the DHSS according to the number of children you have. For an individual with no dependent children the amount will be £38.90 **(£41.65)**; for a single parent — £55.60 **(£59.90)**; for a couple (one of whom is disabled) — £55.60 **(£59.90)**; for a couple (both disabled) — £57.65 **(£62.00)**; and for each dependent child £9.60 **(£10.35)**. These figures are for people who are disabled and are therefore slightly higher than the normal figures. You should therefore work out your total needs allowance and compare that figure to your gross income. If it is the same then your rebate will be 60% of your rent. If your income is higher than the allowance then your 60% rebate will be reduced by 17% of the difference between the figures. If your income is lower than the allowance then you can add to your 60% rebate 25% of the difference between the two figures. You have to have an income very much higher than the allowance before you get no rebate at all so it is worth applying to your Housing Department for more information.

Rate Rebates — application forms from your Local Authority Housing Department. Available to anyone who pays rates as a home owner, a council tenant or as part of rent for private furnished or unfurnished properties. The principle is the same as for the rent rebates/allowances in that your gross income is set against a needs allowance according to the number of dependents you have. The figures for the allowance are the same as for a rent rebate and the method of calculation is the same although the percentages involved are different. Thus — if your income equals your allowance your rebate will be 60% of your weekly rates. If your income is larger than the allowance the 60% rebate is reduced by 6% of the difference betweeen the two figures and if your income is lower than the allowance then you add to your 60% rebate 8% of the difference between the two figures.

Remember again, that you do not have to be recognised by the Social Services as disabled in order to be eligible for either of these rebates but if you are recognised, your income will be set against a more generous needs allowance, thus increasing your rebate.

Apart from retirement pension, which replaces your

wage, other benefits are meant to compensate you to a certain extent for extra costs of disabled living. If you are so disabled that you need extra care and attention from another person then you may be able to receive Attendance Allowance.

Attendance Allowance — DHSS leaflet NI 205 — £14.45 **(£15.75)** a week for short-term rate; £21.65 **(£23.65)** a week for long-term rate. Not means-tested or taxed. The short-term rate is paid if you need attention just during the day or just during the night; the long-term rate is paid if you require attention during the day **and** night. It does not affect any other NI benefit you might be receiving. *Criteria* — you must have been in need of care for six months, be a U.K. resident and have been here for 26 weeks of the last 12 months; you must be severely physically handicapped (people who are severely mentally handicapped are also eligible) and need a lot of attention from another person in connection with your bodily functions i.e. feeding, going to the toilet or to prevent you being a danger to yourself and others; if you normally live in a hospital or in a local authority residential home you are **not** entitled to this allowance. *Application* — fill in form NI 205 and send it to your local Social Security office. A doctor from the Attendance Allowance Board will examine you to assess your entitlement.

The attendance allowance is a benefit for you, the disabled person, whereas there is an Invalid Care Allowance which can be claimed by the person who is looking after you. This benefit is designed to compensate your carer for loss of earnings if they have had to give up work because they must be at home to look after you.

Invalid Care Allowance (ICA) — DHSS leaflet NI 212 — £16.30 **(£17.75)** a week. Not means tested but taxable. *Criteria* — your carer must be a man or single woman living on her own and be of working age spending at least 35 hours a week looking after you. A married woman living with her husband or a woman living with a man as his wife is **not** entitled to this benefit. Your carer must not be working full-time or receiving full-time education but s/he can earn up to £6.00 per week part-time. S/he cannot receive ICA if s/he is already receiving another NI benefit such as sickness or unemployment benefit. While your carer is receiving the ICA s/he will be credited with NI contributions so that his/her pension rights are protected even though they are not actually working. If they are already receiving supplementary benefit, this will be reduced by the amount of ICA they receive but they will still have the advantage of credited national insurance contributions. Any benefits **you** receive will **not** be affected if your carer receives ICA.

You will probably find that you have increased expenditure on certain items in your home in order to cope with your disability and make your life as comfortable as possible. For example, you may have to make alterations to your home such as replacing steps with ramps or widening doorways for a wheelchair etc. You may be able to get help with these expenses either from your local authority Housing Department or the Social Services Department, depending on whether you live in a council house/flat or in a privately owned house/flat. If you are a council tenant you should ask for assistance from the Housing Department under Section 3 of the Chronically Sick & Disabled Persons Act for any adaptations you want to make to your home in order to make it more safe, comfortable and convenient for you. The local authority must first establish that you have a need for this help, but once this is done they may carry out the work free of charge, although any structural alterations may affect your rent. Whether or not you have to pay something towards the costs will depend on where you live. Some local authorities will make certain adaptations free but others will charge the full amount. Make sure you know what your local authority will charge before you have any work done. If you own your own home or live in private rented accommodation you should approach your Social Services Department, who can provide this sort of help under Section 1(e) of the Chronically Sick & Disabled Persons Act. Again, charges will depend on the policy of your particular local authority so make sure you know what you will be charged. Also the Housing Department can provide certain grants to help you get this sort of work done. The grant is normally half of the cost and you pay the other half. **Improvement grants** are given for alterations or extensions to the property while **intermediate grants** are for amenities such as a toilet or bath. If the adaptations are small or you just need aids such as portable ramps, grab rails etc. the Social Services are again the people to contact whether you are in council or privately owned accommodation.

If you have problems keeping your home warm because your loft has no insulation you could get a grant to help you pay for this.

Homes Insulation Scheme — 90% of the cost of insulation up to a maximum of £90. *Criteria* — you must be over 60/65, be in receipt of supplementary pension **or** rent rebate or allowance or rate rebate; you must insulate the loft, lag the cold water tanks and pipes in the loft, and lag the hot water tank (using a product on the Council's list of insulation products); you must not have any insulation in your loft already. *Application* — get an application form from your local Council, fill it in and return it to them. Do not carry out the work until you get the go-ahead from the Council.

Under the Rating (Disabled Persons) Act 1978, if you have had to make any alterations or additions to your house in order to cope with your disability, you may be entitled to relief on your rates. If you are blind, deaf or dumb or are permanently physically handicapped, or suffer a mental disorder, you could be eligible for this relief, whether you are registered with the local authority or not. You will be entitled to rate relief on any special addition or feature of your home which is required to meet your needs and which is essential for your well-being. It could be an additional bathroom or lavatory, a garage, a heating installation which is needed because of your disability, an extension for extra floor space to permit the use of a wheelchair. The particular feature does not need to have been specially installed. It may be that you have moved to your present accommodation because of some special feature such as an additional downstairs toilet. In this case you will still be eligible for rate relief. You should write to the Valuation Officer at the Council to ask for an application form. The address will be in your local telephone directory.

If your disability causes you mobility problems you **may** be able to claim financial help to compensate you for aspects of this. The **mobility allowance** — £14.50 **(£16.50)** — can be paid if you are prevented from walking but you must apply for it **before** you reach your 66th birthday, **and** show that you had your disability before you were 65. If you are over 66 years of age you cannot apply for this benefit. If you are already receiving this benefit when you reach pensionable age you will continue to receive it until you are 75, providing your condition remains the same. DHSS leaflet NI 211 explains this benefit.

The mobility allowance scheme came into operation in 1976. If you became disabled before 1976 you may have received mobility help under the old vehicle scheme. You may have received, and still have, a **trike** or **car** or a **private car allowance.** If you still have this benefit or had it on or after 1st January, 1976, but do not have it now (although you are still medically eligible) then under special terms you could choose to change from that scheme to the new mobility allowance scheme. If you choose to do this you will not have to have a medical examination and once you are in receipt of the mobility allowance you will receive it for the rest

of your life, providing your medical condition does not improve or deteriorate to the point where the allowance would not be valid. If you want to take advantage of these special arrangements you should fill in leaflet NI 225 from your local Social Security office.

If you have been working rather than receiving benefits you may be interested in a scheme which enables you to retire early. This would be especially useful if you are finding the work and/or the travel more difficult than it used to be. If you are a disabled man aged between 60 and 63 you might be able to take part in the **Job Release Scheme.** This is a government scheme which enables you to leave work before retirement age provided your employer agrees to replace you with someone from the unemployed register. You must therefore get the agreement of your employer to cooperate in the scheme. This special scheme for disabled men is current until April 1982.

Job Release Scheme (for disabled men 60-63) — leaflet PL 665 from your local Jobcentre. Taxable allowance of £59.00 a week (if you have a dependent wife) or £47.50 a week if your wife's **net** income is more than £11.00 a week; £47.50 a week for everyone else. ***Criteria*** — you must be aged 60-63; be in full-time paid employment (at least 30 hours a week) which covers you to 65; you must not be receiving certain social security payments (basic war and industrial pensions and attendance and mobility allowances do not count) but if the allowance is not enough to cover your needs you may be able to claim supplementary benefit; you do not have to be registered disabled but your doctor will have to complete a medical form for you; your employer must agree to take on someone who is unemployed in your place; you must not take on another job and earn more than £4.00 a week. ***Application*** — form JRS 2 (Rev 4/81) from any Jobcentre, employment office or unemployment benefit office. You can apply up to 10 weeks and at least 6 weeks in advance. You must fill in part I of the application form and your employer fills in part II. Return the form to your employer's local Jobcentre.

Remember, however, that there may be some disadvantages to this scheme. Although your entitlement to the basic retirement pension will be protected by credited NI contributions while you are in the scheme, you will not be able to earn any more **additional** pension (see earlier paragraph). This will be paid at the level you have reached when you join the scheme. Also, any occupational pension which is paid to you by your employer may be affected. You may not be able to receive it at all until you reach 65 or you may receive less than you would have done if you had carried on working until 65. Check with your employer about the particular occupational pension scheme s/he operates.

There is no equivalent scheme for disabled women workers although there is a scheme which covers women aged 59, irrespective of whether they are disabled. The basic criteria are the same as the above scheme but the allowance rates are different. They are £50.00 (if you have a dependent husband), or £40.00 a week if your dependent husband has an income of more than £11.00 a week (attendance and mobility allowance are disregarded); £40.00 a week for everyone else. Unlike the previous scheme this allowance is tax free. Leaflet PL 664 from your local Jobcentre will explain the scheme to you.

You may not qualify for the Job Release Scheme but may still wish to retire early because the travelling and/or work is getting too much for you. You may then be able to claim unemployment benefit (provided you have paid enough national insurance contributions), although you will not get it for the first six weeks if you have left work voluntarily. Unemployment benefit lasts 12 months and is paid with an earnings-related supplement, although this supplement will be stopped in 1982. Also, if you receive an occupational pension (which will depend on your particular employer) your unemployment benefit will be reduced by whatever you receive over £35. Unemployment benefit is not taxed at the moment but is expected to be brought into taxation some time during 1982. When your unemployment benefit runs out you will be able to claim supplementary benefit. This is paid at one of two rates — short-term and long-term. Normally, people who are unemployed can only receive the short-term rate but from November 1981 unemployed people over 60 who have been receiving SB for one year will be able to receive the long-term rate, if they agree not to register for work.

Rather than retire early you may, in fact, prefer to defer i.e. postpone your retirement. You do not have to retire at 60/65 but you will not receive your retirement pension until you do. Also, if your wife is receiving a pension on your contributions, she will stop receiving it if you defer your retirement. While you are over 60/65 and not retired you will earn yourself extra retirement pension, including any additional pension (described earlier) and, if you are entitled to it, graduated pension (also described earlier). While you are working over the age of 60/65 you will no longer have to pay NI contributions and if you fall ill during this period you can claim sickness benefit, as you would before you reached pensionable age — provided you would be entitled to a retirement pension if you had retired. Widows and widowers can in some cases be entitled to increased pensions because of their late spouse's deferment.

If you receive supplementary pension you will automatically be entitled to free dental treatment and National Health Service glasses. You will also be able to get help with fares to and from hospital. If you are not entitled to supplementary pension but have a very low income you could still get this help — leaflets M11 and H11 from your local Social Security office explain the details of this. Being over pension age you will be entitled to free prescriptions and you should fill in the back of the prescription form before going to the chemist.

HELPFUL ORGANISATIONS

Age Concern Greater London, 54 Knatchbull Road, London SE5 9QY. Tel: 737 3456. Age Concern works to promote the care of elderly people with over 1100 voluntary groups operating in the U.K. There are a number of groups throughout Greater London and Age Concern Greater London will advise you on the activities and services they can offer. A booklet on rights for pensioners is updated annually in line with benefit changes and you should enquire about the current price of this.

Child Poverty Action Group (CPAG), 1 Macklin St., Drury Lane, London WC2B 5NH. Tel: Citizens Rights Office 405 5942. CPAG is regarded as a leading authority on family poverty and their Citizens Rights Office is one of the foremost welfare rights agencies. They will be able to help advise you with any problems you may have with benefits generally.

Disability Alliance, 1 Cambridge Terrace, London NW1 4JL. Tel: 935 4992. The Disability Alliance is an alliance of many groups or organisations of and for disabled people. They are working towards the establishment of a comprehensive disability income and can give advice by telephone and letter on benefits for all disabled people.

For further help contact your local Borough Association or telephone Anne Ketley, Information Officer, Greater London Association for the Disabled, 01-960 5799.

AK/8

Further copies of this sheet; free to disabled people who send an s.a.e.; £2.50 for 50, plus packing & postage, for organisations.

Esso

These sheets have been produced as a result of demand from disabled citizens in the Greater London area and our thanks go to Esso Petroleum Company Limited for financial assistance towards the cost of printing and circulating the information.

SOUTHWARK DISABLEMENT ASSOCIATION

Room 48, Aylesbury Day Centre,
Boyson Road, London S.E.17.
Tel. 701-1391

NEWSLETTER 15

Chairman : Miss Phyllis Sheere
Secretary : Miss Mary Marshall

THIS IS YOUR INVITATION TO OUR

Annual General Meeting

WHICH WILL BE HELD ON

THURSDAY 7th OCTOBER

7.30 - 9.30 p.m.

IN THE AYLESBURY DAY CENTRE, BOYSON ROAD, S.E.17.

There will be invited speakers from the Council including Cllr. Paula Moore. the Chair of the Social Services Committee.

REFRESHMENTS PROVIDED

LIMITED TRANSPORT AVAILABLE. NAMES TO S.D.A. by 30th SEPTEMBER PLEASE.

COME AND HEAR OUR NEWS
AIR YOUR VIEWS

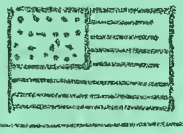
ALL WELCOME

S.D.A. NEWS

The S.D.A. Office has been even more depleted during August, with Denise away on holiday in America for three weeks.

"I had a super time in Florida. We also visited Disney World, which I think I enjoyed more than the kids!! The organisation and provision for the handicapped is most impressive, and I think there are a few lessons to be learned from the Americans in this respect.

Denise.



The good news is that Mrs. Jan Tapping will be starting as our Advice and Resource Worker on the 20th September. It will be nice to be fully staffed.

We had some Japanese visitors to the office in August, and they were very interested in all we are doing.

The Care Attendants for the Crossroads Scheme will soon be starting their training, so this exciting new project for Southwark will soon be underway.

We are busy making the arrangements for our Annual General Meeting - have you filled in your nomination forms (those of you who are paid up members of S.D.A.), and sent them back. THEY MUST BE IN BY 22nd SEPTEMBER.

Do your best to come along and make it a good, worthwhile meeting. Seven Councillors will be there, and it is your chance to put your views direct to them

Membership of S.D.A. now stands at 62 individuals, and 39 organisations. It is good to think more people are becoming interested enough in our work to join us.

We would like to hear from handicapped people who have been on a Council holiday this year with their experiences - good or bad. We have been in contact with the Holiday Section several times regarding holiday arrangements for physically handicapped people under pension age in particular, so we would like to know first hand from you - the consumers - your views on the accommodation provided, the adequacy of the helpers and the age group of the other members in the party.

Sports

Those of you who went to the Sports and Fun Day on the 11th September, we will be interested to hear your views on the day.

The Sports and Leisure Club will be moving to Goodrich Road on September 24th. There is room on the transport for new members, so if you are interested in joining and are free on Friday evenings, ring or write to Mary Marshall at the S.D.A. office.

PUPIL POWER

Pupils at Bicester School, Oxford developed a device to help elderly and disabled people to climb stairs as their contribution to I.Y.D.P.

The Stairclimbing Aid consists of a tubular metal bannister rail with a slot cut along its length which is notched at appropriate intervals. A shuttle, from which protrudes a handle, slides along this slot, locating the notches and enabling the user to pull himself up when ascending, or support himself when descending the staircase.

For further details, contact Mrs. Ida Miles, Deputy Head, Foursome Trust, Bicester School, Queen's Ave., Bicester, Oxon. Tel. Bicester 3584.

Pupils of the London Oratory School have made visiting the Museum of London more exciting for hard of hearing people by raising money to install an induction loop in the Fire Experience display.

The Museum of London was the first museum in Britain to install an induction loop, which is in the lecture theatre/cinema, and was sponsored by Marks & Spencer.

The Redring Autoboil Kettle is jug-shaped and made of plastic, which makes it much lighter than the usual metal kettle. It will also boil just one cup of water. The handle is on the side - making it more simple to grip and lift.

The kettle is widely available at £16.95.

William Forrestor, who in 1981, was the first person in a wheelchair to become a London registered Guide Lecturer, is offering a planning, guiding and advice service for disabled holiday-makers in Great Britain.

To hear more about his service, telephone 0483-575401, or write to 1, Belvedere Close (off Manor Rd.) Guildford, Surrey GU2 6NP.

HOW TO PUSH A WHEELCHAIR

The Disabled Motorists Club have now published their 5th edition of How to Push A Wheelchair. Disabled individuals and members of their families will find that many of their questions and problems will be answered, and the section on choosing a wheelchair can help the would be user select the most suitable model for his personal needs. Subjects covered include negotiating kerbs, rough ground, transferring from chair to car and toilet, and many other helpful hints. Copies may be obtained from The Disabled Motorists Coub, Copthorne Community Hall Shelton Rd., Shrewsbury, Shropshire, price 17p. each.

I.Y.D.P. AWARDS

At the beginning of the year, Mr. Hugh Rossi, Minister for the Disabled, presented the five awards to the voluntary projects which helped to improve the quality of life for disabled people in accordance with the aims of the I.Y.D.P. They are as follows :-

1. The Royal Hospital and Home for Incurables for their project on automated psychological testing for severely physically handicapped people who have difficulty in communication. Fifty patients are involved in evaluating the system through the use of a microcomputer which includes a number of devices through which the patients can communicate.

2. Association for Spina Bifida and Hydrocephalus for their Social Rehabilitation Courses for young people.

3. The Advocacy Alliance for recruiting and training volunteers to befriend residents in long stay mental hospitals.

4. The Chest, Heart and Stroke Association for training volunteers in the rehabilitation of stroke patients.

5. Carlton Evans for his Distressed Alarm for the Severely Handicapped (DASH) a device monitoring changes in the level of physical pain or the mental stress of a patient.

CHURCHILL TRAVELLING FELLOWSHIPS 1983

The list of categories for the fellowships in 1983 is now available. Although no category next year is of direct relevance to disabled living, some of the categories - such as musical instrument makers, gardeners and garden history, or emergency services - could be studied in relation to disability.

Application forms are available with a full list of categories from: Winston Churchill Memorial Trust, 15, Queens Gate Terrace, London SW7 5PR. Closing date for applications, 27th October, 1982.

AMENDMENT - Greenway Insurance Brokers Ltd. mentioned in the last newsletter have changed their address to - First Floor, Peek House, 20, Eastcheap, London E.C.3. Tel. 623-1033. One disabled person we know who has tried to get a form from them re household insurance has not found them very helpful. Has anyone else tried them?

DUKE OF EDINBURGH'S AWARD

Young people with a handicap can enter for a Duke of Edinburgh's Award like anyone else, whether their handicap is a mental or a physical one. The scheme offers such a wide choice of activities that many even severely disabled young people can qualify in its four sections without any variation of the conditions. The criteria for entry is that the handicapped young person will stand to gain something by participating in the activities and will not suffer a physical deterioration in the process.

There are three Awards. - for which the starting ages are - Bronze - 14 years, Silver - 15 years, and Gold - 16 years. The upper age limit for completion of all Awards is the 25th birthday, and the latest date for entry is the 23rd birthday. There are four sections to each award - Service, Expeditions, Skills and Physical Recreation, and each have to be completed.

The scheme, which operates in Southwark, appears to have been involved only with able-bodied participants, but Paul Roche, the Centre Co-ordinator, is willing to take 3 - 4 handicapped participants for a start, so this is your chance if you are between 14 and 23 years and disabled, and would like to try for a medal.

Please contact Mary Marshall at S.D.A. (If you know any handicapped young people, please pass this information on to them.)

ARE YOU DEAF OR PARTIALLY HEARING?

Monday, and Tuesday mornings are all yours at Southwark Adult Education's Queens Road Centre, Drama Hall in St. Marys Rd. S.E.15. from 10.30 a.m. for badminton, cookery, table tennis, dressmaking, swimming, pottery etc. Canteen and creche facilities are available.

Dianne Kenyon, the organiser will be there to welcome people on Monday September 20th. She is fluent in conversing with all kinds of hearing-impaired people.

Any enquiries to BREAKTHROUGH TRUST (Deaf-Hearing Group), The London Centre, 66/68, Greenwich South St., Greenwich, London SE10 8UN, Tel. 691-6229.

REACH

When they retire, many professional and business people find they no longer have an outlet for their skills. REACH, (Retired Executives Action Clearing House) aim to put these skills to good use, by redirecting them to other businesses who need the benefit of their expertise but cannot afford it. REACH deals only with charities and voluntary organisations.

For registration forms and further information, REACH are based at Victoria House, Southampton Row, London WC1B 4DH. Tel. 404-0940.

NEW TRIKE FOR DISABLED PEOPLE

The new Honda ATC 70 tricycle is now commercially available and is an alternative to a wheelchair or car.

The trike has only one gear, and a maximum speed of four miles per hour. It will climb kerbs up to a height of five inches and at any angle. The ATC 70 can climb hills, go over grassy banks, gravel, broken bricks and through deep mud, and is designed to take rough terrain in its stride. However, it can also be used on the pavement, providing it is being driven by a disabled person. It is therefore exempt from registration, licencing and annual testing requirements, and the driver needs no licence or insurance.

The ATC 70 will drive for 8 hours on one gallon of petrol, and power does not run down as petrol is used up. The trike is mainly for those wishing to engage in activities which involve crossing rough ground - N.B. your wheelchair cannot be carried with the trike.

The ATC 70 costs £495, and the larger model, the ATC 110 costs £750. For further details contact Mr. Alan Butler, David Stanthorpe & Co., 36, Buttondene Crescent, Broxbourne, Herts.

The Everest & Jennings Hoyer car-top patient lifter can eliminate the difficulties and hazards of transferring a severely disabled person from a wheelchair into the passenger seat of a normal saloon car. Lifters are available to fit most modern cars without modificiation.

Details of the Hoyer car-top lifter are available from Everest & Jennings Ltd., Princewood Rd., Corby, Northants NN17 2DX. Tel. 05366-67661/2.

Newton Aids Ltd., have designed and produced a new Travel Chair which will be useful for those disabled people who wish to travel by air, rail or car, or for those who have to move about in confined spaces such as hotel bathrooms and toilets. It will fold in one simple movement to only 4½ inches and there are 20 inch diameter rear wheels with hand rims which can be clipped on to provide self propulsion.

For further details, contact Newton Aids Ltd., Dolphin Estate, Southampton Rd., Salisbury, Wilts. Tel. 0722-20441.

MOBILE IDEAS

TAXIS FOR THE DISABLED

The Greater London Council is undertaking a programme of practical experiments to help the disabled to travel in London. As part of this programme, which is designed to give first-hand information about the travel needs of the disabled, the G.L.C. is about to introduce an experimental 3-year scheme for disabled people to use taxis at fares broadly similar to those for bus services.

The scheme is being introduced firstly, and to a limited number of people, in the London Borough of Southwark with the co-operation of the Borough Council, Southwark Disablement Association, and radio-taxi operators. The purpose of the scheme is to assist the mobility of those disabled people who cannot use public transport, but who are able to use London's black taxis.

It is designed to be complementary to the existing transport services for the disabled provided by the London Ambulance Service and the Borough Council, and is intended for social or recreational purposes only. Whilst it is understood that most wheelchair bound people are unable to use black taxis, this scheme does not include minicabs. The G.L.C. is considering further schemes to include minicabs.

TO TAKE PART IN THE SCHEME, YOU MUST -

a. be a resident of the London Borough of Southwark.

b. receive a mobility allowance OR
be certified by your doctor as being unable to use buses and trains.

c. be able to use ordinary black taxis (not minicabs)

d. have access to a telephone (for booking a taxi).

If you join the scheme YOU WILL BE ENTITLED TO :

travel in a black taxi with up to 3 companions at a greatly reduced fare (the G.L.C. will pay the rest - up to a set limit).

FULL DETAILS WILL BE SENT WITH THE NECESSARY AUTHORISATION CARD TO SELECTED PARTICIPANTS.

If you are interested in applying and think you would be eligible, please complete the attached form, and return it to the SOUTHWARK DISABLEMENT ASSOCIATION, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17.

TO: SOUTHWARK DISABLEMENT ASSOCIATION,
Room 48, Aylesbury Day Centre,
Boyson Road,
London S.E.17.

Telephone 701-1391.

G.L.C. TAXICARD FOR THE

DISABLED

- I wish to apply for the above card which will enable me to participate in the G.L.C. experimental "Taxis for the Disabled" scheme.

- I am a resident of the London Borough of Southwark and I am eligible for the scheme because -

  + I receive a mobility allowance - Book No. MOB.....

OR

  + I do not receive a mobility allowance, but my doctor certifies that I am unable to use buses or trains.

  Statement by G.P.
  I confirm that my patient.....is unable to use public transport.

  .....

  ....
  Signature Address

+ Please delete where applicable.

- I am prepared to give the G.L.C. information about the journeys I make under the scheme. ++

++ This information will be treated in confidence, but is required to assess the value of the experimental scheme.

SIGNED..... DATE.....

PRINT FULL NAME AND ADDRESS, AND TELEPHONE NO. IF ANY.

NAME.....

ADDRESS.....

.....

TEL. NO.....

S.D.A. MEMBERSHIP FORM

Annual Affiliation fee - 50p. individuals. £3.00 organisation, club or group.

PLEASE COMPLETE AND RETURN TO SOUTHWARK DISABLEMENT ASSOCIATION OFFICE, ROOM 48, AYLESBURY DAY CENTRE, BOYSON RD, LONDON S.E.17. TEL. 701-1391.

NAME

ORGANISATION

ADDRESS

We enclose £3.00 annual affiliation fee to Southwark Disablement Association.

I enclose 50p. annual affiliation fee to Southwark Disablement Association.

SIGNED.....DATE.....

PLEASE NOTE - SUBSCRIPTIONS RENEWABLE JANUARY 1983.

GREATER LONDON ASSOCIATION FOR THE DISABLED

Information Officer:
Anne Ketley 01-960 5799

1 THORPE CLOSE
LONDON W10 5XL

Chairman:
Richard Learner, BSc., PhD., FRAS.

Director:
Mrs. Margaret Lorek

Information compiled: May 1982
© ISSN 0143-0033

AMENDMENTS

This sheet contains amendments for the Information Sheets *Benefits for Families with a Handicapped Child* and *Benefits for Handicapped People of Working Age*, with additional information for the sheet *Benefits for Handicapped People of Pension Age*. The amendments are set out for each sheet separately and must be used in conjunction with that sheet. If you want to obtain any of these sheets they are available from the Information Department at the above address free to individual disabled people who send an s.a.e., or 50p each for organisations.

Amendments to Information Sheet compiled August 1980

BENEFITS FOR FAMILIES WITH A HANDICAPPED CHILD

In November 1981 the benefit rates were changed. This sheet shows the current rates and also the proposed rates from November 1982. The benefits are shown in the order that they appear on the original sheet.

	Current £	*From Nov. 1982* £
ATTENDANCE ALLOWANCE		
For attention during day *or* night	15.75	17.50
For attention during day *and* night	23.65	26.25
This allowance is available to anyone over the age of 2. There is no upper age limit.		
INVALID CARE ALLOWANCE	17.75	19.70
Additions — for your wife/housekeeper (providing she does not earn more than this amount)	10.65	11.80
— for each child	7.70	7.95
NON-CONTRIBUTORY INVALIDITY PENSION	17.75	19.70
On page 2 the figures used in the calculation of this benefit for 16 to 17 year olds are now out of date although the method of calculating NCIP and Supplementary Benefit remains the same. NCIP *can* be paid to someone who stays on at school *provided* that the training/education is specially for physically or mentally handicapped people.		
MOBILITY ALLOWANCE	16.50	18.30
This benefit is no longer taxable.		

MOTABILITY SCHEME

		Current £	*From Nov. 1982* £
Leasing	Lump sum advance rentals now range from Fiesta Popular 950	35.00	these figs. subject to change
	to Escort 1300 L Estate	1179.00	
	Insurance	68.00	(for most models)
	Mileage charge for cars leased after 1.1.1982:		
	10,001—15,000 miles		5p per mile
	15,001—20,000 miles		8p per mile
	over 20,000 miles		10p per mile
Hire Purchase	Lump sum advance rentals now range from manual Mini City	20.72	these figs. subject to change
	to Astra L Hatchback Auto 3 door 1300	1809.83	

Second-Hand Cars

You can now also buy a second-hand car under the Motability hire purchase scheme. You find the car you want to buy which *must* be under 4 years old and have done no more than 40,000 miles, and you must have it inspected by the AA, which will cost you £20 whether or not you buy the car. You must also have your mobility allowance awarded for the next 2 years and agree to have it paid direct to Motability for the period of the agreement. Motability will make available different amounts of money depending on whether you want a 2 or 3 year agreement and also depending on whether you want to commit all or part of your mobility allowance. You will have to pay for any adaptations you need yourself.

Electric Wheelchairs

There are now 4 different types of electric wheelchair available through the Motability hire purchase scheme. For a Meyra Power Chair or a Braune Batricar with additional features you would have to agree to have all of your mobility allow-

	Current £	From Nov. 1982 £
ance paid to Motability for 2 years. For a Vessa Vitesse or a basic Braune, only £10 of your mobility allowance needs to be paid for the 2-year agreement period.		
Address Motability, Boundary House, 91-93 Charterhouse St., London EC1M 6BT. Tel: 01-253 1211		
ROAD TAX	80.00	
CHILD BENEFIT	5.25	5.85
Special rate for first child of one-parent family (not payable if you get £7.70 addition for child paid with a long-term social security benefit, e.g. invalidity benefit)	8.55	9.50
FAMILY INCOME SUPPLEMENT		
Amounts set by FIS for families with one child	74.00	82.50
two children	82.00	91.50
three children	90.00	100.50
four children	98.00	109.50
for each extra child	8.00	9.00
Maximum amount for a family with one child	18.50	21.00
Increase for each additional child	1.50	2.00

ADDITIONAL ITEM

If you receive supplementary benefit and have problems keeping your home warm because your loft has no insulation you could get a grant to help you pay for this.

Homes Insulation Scheme — 90% of the cost of insulation up to a maximum of £90. *Criteria* — you must be in receipt of supplementary benefit **or** rent rebate or allowance or rate rebate; your child must be getting mobility or attendance allowance; you must insulate the loft, lag the cold water tanks and pipes in the loft, and lag the hot water tank (using a product on the Council's list of insulation products); you must not have any insulation in you loft already. *Application* — get an application form from your local Council, fill it in and return it to them. Do not carry out the work until you get the go-ahead from the Council.

If you or your child do not get one of the above benefits you could still get the help which is available to everyone, irrespective of age or the benefits they receive, i.e. a grant of 2/3rds of the cost up to a maximum of £65.

HELPFUL ORGANISATIONS

Change of address:
Disability Alliance,
21 Star Street, London W2 1QB
Tel: 01-402 9280

Amendments to Information Sheet compiled January 1981

BENEFITS FOR HANDICAPPED PEOPLE OF WORKING AGE

In November 1981 the benefit rates were changed. This sheet shows the current rates and also the proposed rates from November 1982. The benefits are shown in the order that they appear on the original sheet.

	Current £	From Nov. 1982 £
SICKNESS BENEFIT	22.50	25.00
Additions — for wife or other adult dependant	13.90	15.45
— for each child	.80p	.30p
— the earnings-related supplement is no longer payable		
INVALIDITY BENEFIT		
Made up of invalidity pension	28.35	31.45
plus invalidity allowance if when you were first incapacitated, you were under 40	6.20	6.90
between 40—50	4.00	4.40
between 50—60 (50—55 if you are a woman)	2.00	2.20
Additions — for wife or other adult dependant (although a dependent adult other than your wife should not be earning more than this amount)	17.00	18.85
— for each child	7.70	7.95
Therapeutic earnings limit for yourself	16.50	20.00
NON-CONTRIBUTORY INVALIDITY PENSION	17.75	19.70
Additions — for a dependent wife	10.65	11.80
— for each child	7.70	7.95
HOUSEWIVES NON-CONTRIBUTORY INVALIDITY PENSION	17.75	19.70
Additions — for your husband (*only* if he is incapable of supporting himself	10.65	11.80
— for each child (*only* if your husband is incapable of supporting the children)	7.70	7.95
SUPPLEMENTARY BENEFIT		
Savings cut-off point	2000.00	2500.00
Additions — heating for people receiving mobility allowance or attendance allowance	4.05	4.65
RENT REBATES/ALLOWANCES		
Amount of your weekly pay to be disregarded when calculating your gross weekly income	15.25	
Amount set by DHSS for comparison with your own weekly income for		
— an individual with no dependent children	41.65	
— a single parent	59.90	
— a couple (one of whom is disabled)	59.90	
— a couple (both disabled)	62.00	
— for each dependent child	10.35	
ATTENDANCE ALLOWANCE		
Lower rate	15.75	17.50
Higher rate	23.65	26.25
INVALID CARE ALLOWANCE	17.75	19.70
Additions — for a wife/housekeeper (providing she does not earn		

	Current £	From Nov. 1982 £
more than this amount)	10.65	11.80
— for each child	7.70	7.95
Earnings limit	6.00	12.00
MOBILITY ALLOWANCE	16.50	18.30

This benefit is no longer taxable.

MOTABILITY SCHEME

Leasing	Insurance	68.00	(for most models)
Hire Purchase	Lump sum advance rentals now range from manual Mini City	20.72	these figs. subject to change
	to Astra L Hatchback Auto 3 door 1300	1809.83	

Second-Hand Cars You can now also buy a second-hand car under the Motability hire purchase scheme. You find the car you want to buy which *must* be under 4 years old and have done no more than 40,000 miles, and you must have it inspected by the AA, which will cost you £20 whether or not you buy the car. You must also have your mobility allowance awarded for the next 2 years and agree to have it paid direct to Motability for the period of the agreement. Motability will make available different amounts of money, depending on whether you want to commit all or part of your mobility allowance. You will have to pay for any adaptations you need yourself.

Electric Wheelchairs There are now 4 different types of electric wheelchair available through the Motability hire purchase scheme. For a Meyra Power Chair or a Braune Batricar with additional features you would have to agree to have all of your mobility allowance paid to Motability for 2 years. For a Vessa Vitesse or a basic Braune only £10 of your mobility allowance needs to be paid for the 2-year agreement period.

Address Motability,
Boundary House,
91-93 Charterhouse St.,
London EC1M 6BT
Tel: 01-253 1211

	Current £	From Nov. 1982 £
ROAD TAX	80.00	

FARES-TO-WORK

Maximum weekly amount you can receive under the scheme	49.50	

ADDITIONAL ITEM

If you receive supplementary benefit and have problems keeping your home warm because your loft has no insulation you could get a grant to help you pay for this.

Homes Insulation Scheme — 90% of the cost of insulation up to a maximum of £90. *Criteria* — you must be in receipt of supplementary benefit **or** rent rebate or allowance or rate rebate; you must be getting mobility allowance or attendance or constant attendance allowance; you must insulate the loft, lag the cold water tanks and pipes in the loft, and lag the hot water tank (using a product on the Council's list of insulation products); you must not have any insulation in your loft already. *Application* — get an application form from your local Council, fill it in and return it to them. Do not carry out the work until you get the go-ahead from the Council.

If you do not get one of the above benefits you could still get the help which is available to everyone, irrespective of age or the benefits they receive, i.e. a grant of 2/3rds of the cost up to a maximum of £65.

HELPFUL ORGANISATIONS

Change of address:
Disability Alliance,
21 Star Street, London W2 1QB
Tel: 01-402 9280

Additional Information
for sheet compiled August 1981

BENEFITS FOR HANDICAPPED PEOPLE OF PENSION AGE

In November 1982 the benefit rates will be changed and this sheet shows the proposed rates which will take effect from that date. Only the figures for the Job Release Scheme are current. The benefits are shown in the order that they appear on the original benefits sheet.

	From Nov. 1982 £
RETIREMENT PENSION	
— a man/woman claiming on own contributions or a widow claiming on her late husband's contributions	32.85
— a married woman claiming on her husband's contributions	19.70
— a man, single woman or widow aged over 80	19.70
— a married woman aged over 80	11.80
Additions — for a dependent wife or other adult	19.70
— for each dependent child	7.95
Earnings limit	57.00
NON-CONTRIBUTORY INVALIDITY PENSION	19.70
Additions — for a dependent wife or other adult	11.80
— for a dependent child	7.95
HOUSEWIFE'S NON-CONTRIBUTORY INVALIDITY PENSION	19.70

	From Nov. 1982 £
INVALID CARE ALLOWANCE	19.70
INVALIDITY BENEFIT	31.45
SUPPLEMENTARY PENSION	
— for a single person	32.70
— for a married couple	52.30
Savings limit	2500.00
Additions — heating allowance for people receiving mobility allowance or attendance allowance	4.65
— heating allowance for people over 70	1.90
ATTENDANCE ALLOWANCE	
Lower rate	17.50
Higher rate	26.25
INVALID CARE ALLOWANCE	19.70

	Current £	From Nov. 1982 £
Additions — for a wife/housekeeper (providing she does not earn more than this amount	10.65	11.80
— for each child	7.70	7.95
Earnings limit	6.00	12.00

HOMES INSULATION SCHEME

If you do not receive supplementary pension *or* rent rebate or allowance or rate rebate you could still get the help which is available to everyone, irrespective of age or the benefits they receive, i.e. a grant of 2/3rds of the cost up to a maximum of £65.

	From Nov. 1982
MOBILITY ALLOWANCE	18.30

JOB RELEASE SCHEME

The Job Release Scheme will now run until April 1984.

	April 1982–April 1983
For disabled men aged 60—63	
— allowance (with a dependent wife)	64.00
— allowance if wife's net income is more than £12.00 per week	52.00
— for everyone else	52.00
For women aged 59	
— allowance (with a dependent husband)	55.00
— if dependent husband has income of more than £12.00 per week	43.50
— for everyone else	43.50

UNEMPLOYMENT BENEFIT

This will be taxed from 5th July, 1982.

HELPFUL ORGANISATIONS

Change of address:
Disability Alliance,
21 Star Street, London W2 1QB
Tel: 01-402 9280

For further help contact your local Borough Association or telephone Anne Ketley, Information Officer, Greater London Association for the Disabled, 01-960 5799.

AK 11

Esso *These sheets have been produced as a result of demand from disabled citizens in the Greater London area and our thanks go to Esso Petroleum Company Limited for financial assistance towards the cost of printing and circulating the information.*

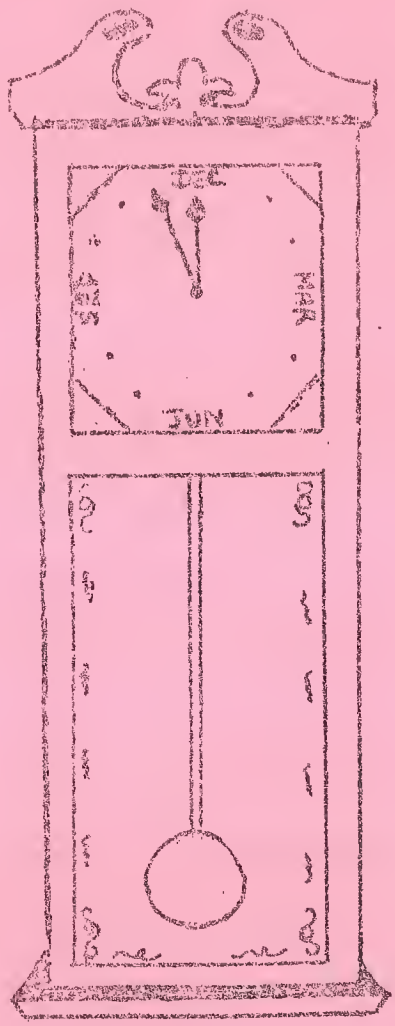
SOUTHWARK DISABLEMENT ASSOCIATION

Room 48, Aylesbury Day Centre,
Boyson Road, London S.E.17.
Tel. 701-1391

NEWSLETTER 17

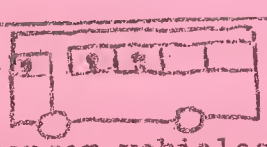
Chairman Mrs. E. Brooksby
Secretary Miss M. Marshall

Will Christmas Never Come?



November

MINIBUSES TESTS



As from 1st January, 1983, all large passenger vehicles, if they are more than one year old, must have a valid annual test certificate. The term 'large passenger vehicles' applies to any passenger vehicle with more than eight passenger seats, including minibuses which are run by schools, clubs or voluntary service organisations. Except for putlic service vehicles, there is no change in the content of the test or the places where it can be carried out.

The law applies to vehicles run by voluntary organisations as much as by commercial concerns, so if your minibus will be more than a year old by 1st January next year, it will need to be tested some time in the next two months.

COMPULSORY SEAT BELT WEARING FOR ADULTS AND CHILDREN IN CARS

Proposals by the Secretary of State for Transport for the compulsory wearing of seat belts in cars were presented to Parliament on 8th December, 1981. In the proposals, provision was made for certain exemptions, namely -

Local delivery rounds.
Reversing.
Medical exemptions.

The Act provides for exemption for 'any person holding a valid certificate signed by a medical practitioner to the effect that it is inadvisable on medical grounds for him or her to wear a seat belt'

The terms of the Act means that a person, whatever his or her medical condition, will not be exempt unless and until he or she has obtained a certificate. They also mean that the decision whether or not to issue a certificate will rest entirely on the judgement of the doctor concerned. There will be no prescribed list of medical conditions for which exemption will be given, and exemption will depend on the circumstances in each individual case.

A person will be entitled to apply for a certificate to any doctor of his or her own choice. Arrangements will be made for doctors to hold supplies of blank certificates.

Doctors will be entitled to charge a fee both where they decide to sign a certificate and where, after consideration they refuse to do so, unless the person applying falls into the following categories where this service is FREE OF CHARGE.

1. Those claiming Supplementary Benefit.
2. " Family Income Supplement.
3. " Attendance Allowance at the higher rate (24 hours).
4. " Mobility Allowance.
5. " Disablement Pension with constant Attendance Allowance (24 hours).
6. " War Pension with the constant Attendance Allowance.
7. Those registered disabled with the Department of Employment.

S.D.A. news

Crossroads

Did you come to the Crossroads Meeting? I think those who did found it interesting and informative. The scheme will be a great boon to the severely disabled and their carers.

Carol Service

This year's Carol Service will be on Sunday, 19th December at 3.30 p.m. in Southwark Cathedral. Again, limited transport is available, but we need your names and addresses as soon as possible so that transport arrangements can be made.

Shopping

Have you given us your name and address if you want to join us on the trip to Croydon on TUESDAY 30th NOVEMBER in the evening?.

LATEST DATE FOR NAMES - 19th NOVEMBER.

Wheelchair Proficiency Award Scheme

We hope to initiate a scheme in conjunction with Mr. V. Golds, Southwark's Road Safety Officer. There will be three awards - Bronze, Silver and Gold. If you are interested, get in touch with us. Unfortunately, this scheme is for D.H.S.S. wheelchair users only.

Naidex

The NAIDEX Exhibition was held at the Cunard Hotel, Hammersmith on 15th October. There were hundreds of useful aids and we have lots of literature in the office. The one concern is that everything seemed so expensive - as always.

crime prevention

Recently Age Concern held a Conference entitled "Be Safe, Be Sound, Be Secure". It was held in conjunction with Southwark Council and the Police, and was very well attended and very interesting.

You may have seen Eileen McNally, the General Secretary, on the television news, talking about it.

The conference emphasised the need for everyone to take basic security precautions. There are 3 Crime Prevention Officers in Southwark - Lesley Stoke based at Southwark, Alistair Leake based at Carter St., and Peter Smith based at Peckham Police Stations. They will be happy to come and talk on crime prevention to groups in clubs and Day Centres with leaflets and films. They can make home visits to give advice on crime prevention too. All these visits are made free of charge.

It was also suggested that you should get to know your home beat policemen.

Other simple tips suggested for individuals to take to try and prevent crime were -

AT HOME

Don't let your home look empty and unguarded by leaving milk and newspapers on the doorstep, curtains drawn during the day and no light in the house at night. Protect your home with window locks, door locks, open the door with the chain on - YOU HAVE GOT ONE, HAVEN'T YOU?.

Money - keep it in the Bank or Post Office or Building Society, not indoors.

Insurance - make sure you are insured and it covers all your possessions.

Door Keys - never have your name and address on them.

Conmen - ask to see identity card of all official callers. Don't let door to door salesmen and traders into your home or hand over money to them.

IN THE STREET

Pickpockets - don't carry a lot of money on you and keep it in more than one place. Don't leave your purse on top of your shopping basket.

Muggers - if you are 'mugged' - don't 'have-a-go'. Make as much noise as possible. Do you carry a personal alarm which can be pressed if attacked? Try and get some idea of what your attacker looks like or what he/she is wearing.

ATTENDANCE ALLOWANCE - A HAPPY ENDING

Fifteen year old Claire doesn't appear too badly handicapped. This was probably the reason, thinks her mother, for the refusal of her claim for Attendance Allowance.

On her behalf, Claire's mother had filled in the form in D.H.S.S. leaflet NI.205 to claim Attendance Allowance. The weekly figures in this form are out of date - the lower rate is now £15.75 and the higher rate is £23.65. It is not means-tested and isn't based on anyone's National Insurance contributions.

Attendance Allowance is for severely disabled people (physically or mentally) who need a lot of looking after. The Attendance has to be required, not actually provided by someone. Many people don't know that they are entitled to this benefit - nobody has ever told them or helped them claim.

There are two alternative qualifications. One is that you need either frequent attention throughout the day in connection with your bodily functions, or, continual supervision throughout the day in order to avoid substantial danger to yourself or others.

The other qualification is that you need prolonged or repeated attention during the night in connection with your bodily functions, or continual supervision throughout the night in order to avoid substantial danger to yourself or others.

If you satisfy the day or night condition you get the lower rate, if both, you get the higher rate.

What they mean by bodily functions is, for example, "eating, drinking, keeping clean and keeping warm", so don't be misled by the symbol of a wheelchair user on the front of the leaflet - that's only an example. It does apply to people with mental disability.

Lord Denning has given these things as other examples of bodily functions - "cutting up food, lifting the cup to the lips, helping to dress or undress, or at the toilet".

The other main condition is that you have to have been severely disabled for six months.

Claire's mother thought all the conditions applied to her daughter who can't be left alone. She sent the completed form off to her local Social Security Office and received a card in acknowledgment.

After a while, a doctor was sent to their home by the D.H.S.S. (the examining medical officer) to examine Claire and talk with the family. A report was also required from her doctor. Eventually the letter of refusal was sadly received.

Fortunately, Claire's mother didn't stop there. She proved what disability advisers have often found - that asking for a review can often be successful. She wrote asking for a review within the time limit of 3 months. The Child Poverty Action Group estimate that 75%of reviews are successful.

cont...

To support her case, Claire's mother asked for detailed letters from Claire's social worker, her G.P. and her consultant doctor. These letters, from people who were very familiar with Claire's condition, added enormous weight to her mother's argument.

If you are asked for such a letter, it's a good idea to look up what the various benefits guides say (see list below). If in doubt you can get help over the telephone from the various organisations who produce the guides, or, you may have a local advice or law centre, or a local authority welfare rights officer who will help.

Eleven months after her first claim had been put in, Claire's mother heard the review was successful. She received over £1,000 for Attendance Allowance was back-dated to the date she claimed. She then received a payment book which she cashes every week at the post office she has chosen. An extra £23. 65 tax free is a great help to her budget.

She's very happy - she just wishes someone had told her about it sooner! For Attendance Allowance can be paid to anyone over the age of two, (including handicapped foster children). For children the attention needed has to be "substantially in excess of that normally needed by a child of the same age and sex".

As there is no other age limit, it's important to remember it can be paid to elderly people, and important to tell them!

For all age groups, there is the exclusion of people who live in Local Authority Homes, or hospitals, or special boarding schools. Leaflet NI 205 gives the rules about what happens to people's allowances if they are admitted to such accommodation. Remember though, it can be paid if people leave a Home or hospital for a holiday, or even a weekend.

It can also be claimed by people who have kidney machine treatment at least twice a week (unless as N.H.S. outpatients) because they are considered to satisfy the day-time condition.

Many people who are so badly disabled won't be able to work. If they or their household rely on supplementary benefit, one last point to remember with Attendance Allowance, is that it gives an automatic entitlement to the higher rate of heating addition, currently £4.05 per week.

Jill Manthorpe,
Bellenden Neighbourhood Advice Centr

1. Rights Guide to Non-Means Tested Benefit, issued by Child Poverty Action Group, 1, Macklin St., W.C.2.

2. Social Security Appeals, issued by N.A.C.A.B., 110, Drury Lane, London W.C.2.

3. A Guide to Benefits for Handicapped Children & Their Families, issied by Disability Alliance, 21, Star St., London W.2.

4. Disability Rights Handbook, issued by Disability Alliance, 21, Star St., London W.2.

HOUSING BENEFITS SCHEME

A new scheme comes into operation on the 22nd November, 1982. It will affect -

1. Council tenants whose whole rent and rates at present come from Supplementary Benefit.

   The Council will automatically pay itself on behalf of these tenants.

2. Next April, almost everyone else will also start on this scheme - e.g. Council tenants who have some income from a lodger or non-dependant children.

   The D.H.S.S. will no longer include an allowance for rent and rates in your Supplementary Benefit, so your weekly payment will be reduced.

Many tenants pay fuel charges with their rent, e.g. heating and hot water. Under the new scheme these will not be eligible for rebate, so you will have to go on paying for these. The maximum weekly charges will be - heating £5.60, hot water 65p. cooking 65p. and lighting 45p. If the charge is supposed to cover only part of your needs, e.g. a central heating system which gives background heat, then lower maximum charges will apply.

HOW IT WORKS.

If you are likely to be affected by Stage 1 of the new scheme, you will be sent a new Supplementary Benefit book to take effect from November 22nd - this should also be much less than now - in some cases, there will be nothing to pay.

As always, if your circumstances change, you will be required to notify the D.H.S.S.

IF YOU THINK A MISTAKE HAS BEEN MADE, GET ADVICE AS SOON AS POSSIBLE.

The largest group of people missing out on Supplementary Pension N.C.I.P. and Attendance Allowance, is disabled teenagers and young adults.

HAVE YOU APPLIED?.....

THE ASSOCIATION TO COMBAT HUNTINGDON'S CHOREA

The Association has recently organised meetings between people at risk to Huntingdon's Chorea. They proved to be very worthwhile, enabling them to discuss their situation and ask questions with others in the same circumstances. The meetings were so successful that they are proposing follow-ups under various headings.

The meetings will be 19, Marylebone Road, N.W.1. (opposite Madame Tussauds near Baker St. Underground), from 7.30 p.m. - 9.00 p.m. with coffee at 7.15 p.m.

The proposed dates are -

November 2, 16 and 30th. - Caring for people with Huntingdon's Chorea.

December 14. Follow-up for previous at risk groups.

January 4 and 18. - Telling children about Huntingdon's Chorea.

February 1 and 15. - Those at risk, including husbands and wives.

March 1 and 15. - Young people at risk.

If you would like to attend, or would like to ask any questions or discuss matters before deciding to join, contact -

Rosemary Yale,
Social Worker,
Family Counselling Service,
108, Battersea High St.,
London SW11 3HP.

Tel. (01) 223-7000.

ONLY ONE PAYMENT CAN BE MADE FOR EACH PERSON.

HOUSING FOR TWO PEOPLE

The Shaftesbury Society Housing Association has informed G.L.A.D. of the imminent availability of a two-person unit for disabled people in the housing scheme situated at Shaftesbury House, Craigwell Avenue, Aylesbury, Bucks.

The flat, which is specially designed for a wheelchair user, is completely self-contained, but fitted with a call alarm system connected to the flat of a warden in case of emergency. It has two single bedrooms and the society suggests that it might be particularly suitable for someone in a wheelchair with a dependent relative.

Anyone interested should contact -

Mrs. P. Garner,
Tenancy Secretary,
Shaftesbury Society Housing Assoc.,
Shaftesbury House,
112, Regency St.,
London SW1P 4AX.

BONUS

To obtain the Christmas Bonus, worth £10.00 tax free this year, you must be entitled to one of the following benefits during the week beginning 29th November, 1982.

Retirement/over 80 pension.
Widows' benefit.
Attendance allowance.
Invalid Care allowance.
Invalidity Pension.
Non-contributory invalidity pension (including Housewives' NCIP)
Supplementary Pension.
Unemployability allowance/constant Attendance allowance paid with War or Industrial Disablement pension.
War Disablement pension if you are over pension age, retired and do not get one of the other qualifying benefits.
War widows' pension.
Industrial Injuries Widows' or Widowers' pensions.

If you are not getting one of these benefits only because you receive some other benefit, you may still get the bonus.

RECIPE

A Restful Night's Sleep:
A number of Pleasant "Good Mornings":
Three Sensible Meals:
A Goal to Finish the Day With:
One or more Services to Others:
One or more Pleasant Conversations:

A dash of spice to be taken or given by Word of Mouth:

A Generous Measure of Each of the Following:

Sense of Humour:	Courage:
Unselfishness:	Enthusiasm:
Kindness:	Understanding:
Forgiveness:	Integrity:

Love: (This cannot be measured, but give a little every hour - this improves the flavour and quality).

Thanksgiving: (This speeds the action of all ingrediants and makes them effective).

Avoid if possible Gossip, Self Pity and Creed.

TO BE EATEN DAILY.

Joy Burchett.

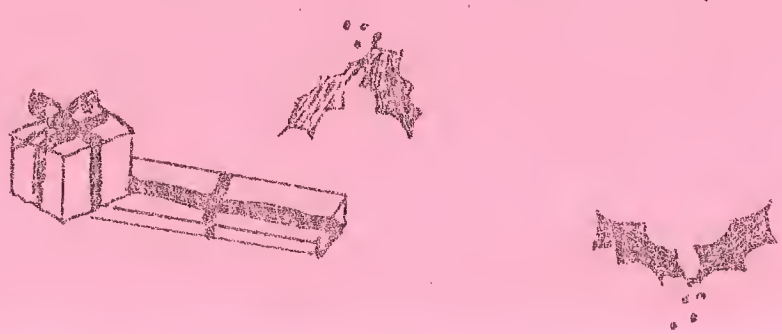
MARKS & SPENCER

The Marble Arch branch of Marks & Spencer are holding a Christmas Shopping evening on Tuesday, 16th November, 1982 from 6.00 - 8.00 p.m. especially to allow disabled people to do their shopping in comfort.

All areas of the store will be open and their staff will be on hand to assist in any way. Lifts are also available to transport disabled people between the three floors and toilet facilities exist in the store.

There is space behind the store for parking, and shoppers can unload from their vehicles in the reception bay.

Their full address is Marks & Spencer, Marble Arch, 458, Oxford St., London W.1.



THE CHILDRENS THEATRE COMPANY OF LONDON.

Donna Maria and the Childrens Theatre Company of London are again holding their Christmas Spectacular, featuring Christmas Trees, Christmas Sleighs, Frosty the Snowman and Father Christmas visiting Magic Christmas Wonderland.

The show is suitable for tots, teens, Old Age Pensioners, in fact the young at heart of all ages.

Dates: December 29th to January 8th.

Times: Performances 2.30 and 7.30 p.m. daily.

Venue: The Theatre, The Norwood School, 65, Crown Dale, London S.E.19.

Booking Instructions:

Telephone the Childrens Theatre Company of London on 670-7814, giving your name/group or organisation and your approximate seat number request.

All you then do, is bring your party along to the theatre on your chosen day/performance. They do not issue tickets - your telephone call confirms your booking there and then. All you have to do is bring a sheet of headed notepaper or other identification with you to the theatre. This you hand into reception desk/bookings on arrival. You will then be directed to your reserved seats.

Transport: Buses 2B and 137 stop outside.
Bus 68 (2 minutes walk)

There is a large car park behind the theatre in Elder Road.

or Stop outside the theatre at the Crown Dale entrance and unload. Then drive empty car to the car park.

Refreshments: Will be on sale.

There will be an interval of 15 minutes.

SOUTHWARK DISABLEMENT ASSOCIATION

MEMBERSHIP FORM

Annual Affiliation fee - £1.00 individuals. £4.00 organisation, club or group.

PLEASE COMPLETE AND RETURN TO SOUTHWARK DISABLEMENT ASSOCIATION OFFICE, ROOM 48, AYLESBURY DAY CENTRE, BOYSON RD., LONDON S.E.17. TEL. 701-1391.

If you are joining now, your subscription will not be renewable until January 1984.

Existing Members - Subscriptions not due until January, 1983.

NAME

ADDRESS

ORGANISATION

We enclose £4.00 annual affiliation fee to Southwark Disablement Association.

I enclose £1.00 annual affiliation fee to Southwark Disablement Association.

SIGNED.....DATE.....

PC 362 19

E

S.D.A. SOUTHWARK DISABLEMENT ASSOCIATION

President: The Worshipful The Mayor of Southwark

Chairman: Mrs. R. Brooksby Telephone: 01-701 1391 General Secretary: Miss Mary Marshall

SOUTHWARK SPORTS and FUN WEEKEND

SOUTHWARK PARK, JULY 2ND. SPORTS FOR DISABLED PEOPLE.

VARIOUS SPORTS INCLUDING RIFLE & PISTOL SHOOTING, DARTS, UNIHOCKEY, BADMINTON, WELLIE THROWING, WHEELCHAIR RACING ETC., STALLS, AND OTHER ATTRACTIONS.

Come Along – Have A Go

Newsletter 23 June 1983

Office and Information Centre:

Bradenham, Boyson Road, SE17 2BA

wash day blues ?

This is for all those people who feel that washing clothes is not as simple as it used to be because of all the different fabrics, washing machines and powders etc.

The International Textile Care Labelling Code, which is now widely used on clothes, was designed to make things simpler, which it does providing one understands the meaning of all the symbols.

This is an outline of the code and symbols -

WASH TUB: THE WASHING PROCESS CAN BE DONE BY HAND OR MACHINE.

DO NOT WASH

THE NO. AND THE TEMPERATURE SHOW THE MAXIMUM WATER TEMPERATURE RECOMMENDED.

HAND WASH ONLY

CAN BE CHLORINE BLEACHED

CHLORINE BLEACH MUST NOT BE USED.

CAN BE IRONED. NO. OF DOTS IN IRON SHOW TEMPERATURE
3 dots hot, 2 dots warm, 1 dot cool.

DO NOT IRON

CAN BE DRY CLEANED

DO NOT DRY CLEAN

DRY CLEANABLE IN CERTAIN SOLVENTS ONLY

CAN BE DRY CLEANED IN ALL SOLVENTS

TUMBLE DRYING BENEFICIAL

DO NOT TUMBLE DRY

THE LIBERATION NETWORK OF PEOPLE WITH DISABILITIES.

The Liberation Network of People with Disabilities was formed three years ago to fight against the way society devalues disabled people. The Network hopes to achieve the following aims and others -

- to help individuals become more self-determined.
- to form local support groups and pressure groups.
- to create an international network of interested disabled people.
- to seek to abolish all forms of segregation.
- to complete a Liberation Policy Statement.

The Network publishes a magazine called 'In From The Bold'. It is a magazine for people with disabilities not only to read, but to write in. 'In From The Cold' is available on tape for people who need to listen and is funded by donations, subscriptions, sales and loans from members of the Liberation Network.

The London Group are at present launching a campaign for access. They have stickers, posters and you can order them - stickers price 2p. each, posters 10p. each, plus stamped addressed envelope. They hold regular meetings.

Full membership of Metwork is open to any person who has a disability, cost £2.50, magazine free.

Associate membership is open to any person who considers themselves to be able bodied - no voting rights, cost £2.50.

Membership is not open to organisations.

Subscription to 'In From The Cold' is open to all, cost £1.50 per year, published in spring, summer and autumn.

All correspondence and enquiries to - In From The Cold, c/o Flat 4, 188, Ramsden Rd., Balham, SW12. 8RE.

The Manpowers Services Commission, in co-operation with the Royal National Institute for the Blind, have launched a scheme to help blind people needing support in a new job by employing a reader for a blind person up to 15 hours a week.

The help will be provided for 2 years after which contribution towards the cost may be required, depending upon the blind person's salary.

Enquiries to -
Manpower Services Commission, Tel. 0742-703387.

Royal National Institute for the Blind, Tel. Lucille Hall, 388-1266.

DISABLED - WANTING TO MOVE HOUSE ???

Members of the sixth form at St. George's School, Harpenden have launched a scheme to east the strain of moving house for disabled people. They have enlisted the help of various estate agents who may have a modified house on their books.

If you are considering moving home, why not contact your local National Homes Network Agent - London Branches below -

BALHAM
John G. Dean & Co.
Tel. 673-8855.

CAMBERWELL
Andrews & Robertson
Tel. 703-2662

FULHAM
John Hollingsworth
Tel. 736-6406

KNIGHTSBRIDGE
Allsop & Co.,
Tel. 584-6106

WANDSWORTH COMMON
John G. Dean & Co.
Tel. 767-5121

BATTERSEA
Edwin Evans & Sons,
Tel. 228-0051

CLAPHAM
Andrews & Robertson
Tel. 720-5007

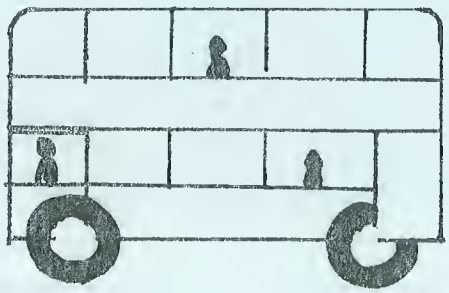
NEW ELTHAM
Godfrey Cook & Co.
Tel. 859-5335/6

SUTTON
John G. Dean & Co.
Tel. 642-0182

TRAVEL CONCESSIONS FOR THE DISABLED.

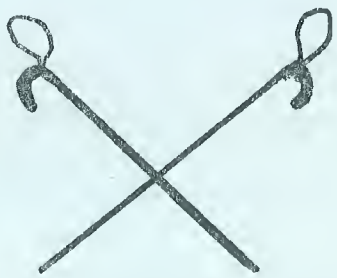
From 16th May, the restriction on using your bus pass during evening peak hours has been lifted.

You can now use your bus pass throughout the day and evening.



HANDY TIP sent in by a reader for people who use a stick.

Glue a piece of cord around the neck of the stick with a loop to go over your wrist. It means you have 2 hands free when needed and you don't leave your stick behind propped on a chair or counter.



SPORTS NEWS

BOWLS on Peckham Rye started at the beginning of June.

FISHING in Burgess Park started June 21st.

SPORTS CLUB closes July 1st until September 30th.

THE 1983 INTER-BOROUGH SPORTS DAY arranged by the S. E. London Branch of B. S. A. D. was held in the Ladywell Centre on the 21st May.

Southwark won 5 medals -

STEPHEN THOMS came 2nd in the javelin seated.
DAVID HAMLING came 2nd in table tennis standing.
LEN WRIGHT came2nd in men's darts.
MARGARET MCNALLY came 1st in the ladies' darts.
STEPHEN THOMS came 3rd in the rifle shooting seated.

The Southwark team came overall 3rd in the darts. Congratulations to all these and to all who took part - how about more of you trying next time!

Starting on 18th July at the Elephant & Castle Leisure Centre from 10 - 12 noon on Tuesdays, BADMINTON and possibly other sports for disabled people.

STEPHEN THOMS has recently completed the Badminton Association of England Elementary Coaches Course and has become, as far as we know, the first disabled badminton coach in the country. Congratulations to Stephen from us all.

Stephen has also been co-opted onto the Southwark Sports Advisory Council, where, I am sure, he will speak up for disabled people.

The Newsletter would like to hear from its readers - DO YOU READ IT - then let us know what you think, comments, opinions, information would be very welcome.

The Newsletter has a circulation of 800. It goes to those working in the area of disability, disabled people etc. It can be a usefull way to spread information. WE WANT TO HEAR FROM YOU, and through us you could get your message to many other people.

TELL US about any outings for instance - if they were good, share the news about facilities etc., so others can benefit.

The following article has been sent to us by Bill O'Brien, Employment Liaison Officer of Southwark Enterprise for Employment of Disabled People:-

SOUTHWARK ENTERPRISE FOR EMPLOYMENT OF DISABLED PEOPLE

The above named Enterprise is funded by the London Borough of Southwark, plus a financial input from the G.L.C. The Enterprise is entirely staffed by disabled people who are committed to the cause of finding suitable employment for disabled jobseekers, and assisting them where possible to find suitable training to fit them for future employment. My role as Employment Liaison Officer is to interview those disabled people who seek help from the Enterprise with regard to their employment, and to advise them as to the best way to find suitable employment; to put them in touch with employers who will give a realistic and sympathetic hearing to their request for interviews, and to advise employers throughout the Borough on the employment of disabled job seekers. Since taking up my post on 11th April, 1983, I have established close and cordial links with the Disablement Resettlement Officers throughout the Borough, and have also received every encouragement from the Council in my efforts to place disabled jobseekers in employment with the Borough of Southwark.

Before joining the Enterprise in my present position, I spent nearly 8 years working in Jobcentres, and 6½ years of my service was with the Disablement Resettlement Service. I hope that any disabled person who reads this short article will feel free to contact me if he/she needs any sort of advice on employment.

I am at present based at Southwark Enterprise for Employment of Disabled People, c/o Southwark Training Workshop, 42, Braganza St., London S.E.17.
Tel. 582-5309/582-8555. Ext. 25.

I don't promise you miracles, but what I do promise is a caring and realistic approach to your employment problems, so don't hesitate to contact me.

SOUTHWARK CROSSROADS

WAGES CLERK

Southwark Crossroads Care Attendant Scheme requires a part time wages clerk to prepare the wage sheet and related documents for the team of 8 care attendants.

The wages clerk will be responsible for preparing the salaries from time sheets, working out the travel allowances and subsistence and keeping records for the Inland Revenue, also informing the Hon. Treasurer the amounts to be paid to all those on the pay-roll, and the end of month returns to the Inland Revenue.

You should be on the telephone, and either retired or able to spent 1 day in every month doing the salaries, (we pay on a 4-weekly basis, so that it will always be the same day on which the money is due) and it is essential that you are knowledgeable of PAYE schemes and have had experience of either operating one or working as a wages clerk.

The scheme has been running now for 9 months and so is well founded, and the number of hours to be worked is approximately 5 a month. You will be paid at the rate of £1.92 per hour plus London Weighting of 60p. per hour, a total of £2.52 per hour. If you are interested, ring 582-5309 between 9 a.m. and 4.30 p.m. Monday to Friday, and ask for Stephen Thoms.

SOUTHWARK DISABLEMENT ASSOCIATION

MEMBERSHIP FORM

Annual Affiliation fee - £1.00 individuals. £4.00 organisation, club or group.

The newsletter will be sent to you each month. If you p y the £4.00 organisation fee, you can receive enough copies for each of your members. Let us know how many you need. (See bottom of form).

Please tear off along dotted lines and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Telephone - 701-1391.

.....

NAME

ADDRESS

ORGANISATION

+ I enclose £1.00 annual affiliation fee to Southwark Disablement Association.

or

+ We enclose £4.00 annual affiliation fee to Southwark Disablement Association. (Number of copies of newsletter required.....)

+ Delete as appropriate.

SIGNED.....DATE.....

SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER
24

Room 48, Aylesbury Day Centre, Boyson Rd.,
London S.E.17. Tel. 701-1391.

Chairman: Mrs. R. Brooksby

General Secretary: Mary Marshall

SOUTHWARK CLUB FOR THE DISABLED.

This is a voluntary club set up to provide sports and leisure activities for disabled people. When the club started it was based at the Aylesbury Day Centre, meeting twice a month, and closing for a period in the summer and at holiday times. The activities were limited to board games, cards, chess, and upstairs in the big hall, darts, and when there were enough of the balls, pool, snooker and table tennis.

When it was realised in 1981 that we weren't going to be able to use all the facilities during the coming year, we started to look for new premises, and in September, 1982, we opened up at the Goodrich School, one of Southwark Institute's centres. For the princely sum of £1. we are able to take full advantage of all the courses and classes run by the Institute as well as our own activities. On one side we have basket making and cane work, shoe making, cards, dominoes, all the board games and chess that used to take place at the Aylesbury, as well as table tennis and darts. The darts team usually pick up a few medals at the sports days arranged by the B.S.A.D., S.E. London Branch. We have entered for javelin, rifle and pistd shooting, darts, table tennis and archery this year, but we need many more competitors.

However, because of the size of the School, we are now able to indulge in many more activities. In the main hall there is snooker (a miniature table and equipment), uni-curl (an indoor version of the game of curling, where you propel oval shaped objects, called 'stones', down an ice rink - we use a felt carpet). If you're feeling energetic, then we can oblige you with a game of uni-hoc, based very loosely on hockey. The rules (at least I'm told they are rules - I can't say I've ever noticed them in operation) are very simple and it is great fun. You can also attempt volleyball (not as difficult as it sounds), indoor cricket which is played in one of the side buildings, or even out in the school playground. At the moment, our main activity in the sporting line is the Badminton session that takes place every week in the Infants School hall. We started this back in September when we just had a couple of people hitting the shuttlecock over the net - now about 15 members take part and have a thoroughly enjoyable time. We try to devote at least an hour to this and in September, 1983, I hope to start proper coaching sessions, so we could have a team going in a couple of months time. Rifle and pistol shooting also starts in September 1983.

As well as these activities, we have 2 outings, Bring and Buy sales, manage a stall on Peckham Rye, and a couple of times a year, some local entertainers come and entertain us for the evening.

The club meets from 7.30 - 9.30 p.m. during the school term time, and will re-open after the summer holidays on September, 30th, 1983. Although we welcome new members, transport is limited, if you have transport, come along.

Contact Mary Marshall, Club leader and founder, if you want to join, in Room 48, Aylesbury Day Centre, Boyson Rd., S.E.17. Tel. 701-1391.

Written by Stephen Thoms, Club member and Sports Club representative to the Southwark Disablement Association.

thank you stephen

SHAPE TICKET SCHEME

Tickets are available to Shape clients for many theatre and concert productions. S.D.A. have details sent to them every couple of months, but clubs, organisations and individuals can join SHAPE by contacting the address below.

SHAPE volunteers are always available to help on a theatre or museum visit. SHAPE will pay all their expenses.

The SHAPE monthly theatre and concert listings are now available in a recorded version on cassette tape. The cassette will be braille labelled 'SHAPE Newsletter' and a written newsletter will be sent with each recorded version so you have a permanent record when you return the cassette for the next month's recording.

If you want to receive the talking newsletter, send a blank 60 minute cassette to SHAPE, 9, Fitzroy Square, London W.1. Tel. 387-0389, with your name and address.

ACCESS TO THE SKIES

For details of Flying Scholarships for those disabled people who have general good health and control of their upper limbs, contact The Royal Air Force Benevolent Fund, 67, Portland Place, London WIN 4AR

ACHIEVEMENT AWARDS

Dista Products, in association with the Under-35 Group of Arthritis Care, are offering six regional awards to young people with arthritis - in recognition of their efforts and achievements in community work, physical endeavour, craft and academic work, or other relevant areas. The award scheme is open to all people with arthritis who were below 35 years of age on 30th September, 1982, and covers the qualifying period 1st January, 1982 to 30th September, 1983. The six area winners will each receive an award of £250. and the 2 runners-up from each area £75. Further details from The 1983 Dista Award for Young Arthritics, Arthritis Care, 6, Grosvenor Cres., London SW1X 7ER

TWO FREE BURSARY PLACES ON TV/RADIO COURSE.

For the third year running, London Media Workshops are offering two free bursary places to handicapped people at their Radio and Television Writing Workshops in 1983.

For a copy of the programme and further details, please send a stamped addressed envelope to Mrs. D. Bishop, Secretary, London Media Workshops, 101, Kings Drive, Gravesend, Kent DA12 5BQ

TO ALL DISABLED CAR DRIVERS AND PASSENGERS

The Institute of Consumer Ergonomics, (ICE) is undertaking a research project for the Dept. of Transport to investigate the problems which disabled and elderly people may have in getting in and out of ordinary cars.

In order to do this they need to know what sort of cars are being used, whether people have any problems or difficulties getting into and out of them, whether people have adapted their cars in any way, (e.g. by adding cushions, swivel seats, control conversions etc.) and what people look for in a new car.

If you are interested in helping with this research, or know of somebody who might be, please contact ICE, Freepost, Loughborough, Leicestershire LE11 OBR.

MUSIC

From Mr. S. Nathan, 17, Norman Court, Lordship Lane, East Dulwich, London S.E.22. Tel. 299-2614.

"I would like to hear from any S.D.A. reader who has any old popular Songs Sheet Music (1890-1960) that they would be willing to see (must be reasonable).

Piano - Voice Notation - and Lyrics only. Not musical scores. Thanks.

TV and RADIO.
RADIO TIMES ON CASSETTE

Agreement has been reached between the Radio Times and the Talking Newspaper Association of the U.K. allowing local talking newspapers to record programme details from the Radio Times.

Local talking newspapers who want to record from the Radio Times should register with Cyril Cocks, 130, Chester Rd., Watford, Herts. Tel. 0923-46621, or 954-6111 during working hours. Visually handicapped people who would like their local talking newspaper to carry programme details from the Radio Times should get in touch with their local talking newspaper.

Local address - Mr. D. Taylor, 71, Oakhurst Grove, London S.E.22. Tel. 693-1852.

ACCIDENT CLAIM 'HELP LINE' FOR THE PUBLIC.

An 'accident help line' to advise people on compensation claims for personal injury has been set up by a London firm of medico-legal consultants.

The telephone line is open daily on 580-9798, and will enable people to find out if they have a valid claim in cases of road accidents or accidents at work, at the home, or in the street for which they consider someone else is to blame.

Potential claimants may follow up the telephone call with a free consultation at which the medico-legal consultants will refer them to lawyers specialising in personal injury claims.

IN TOUCH

The 'In Touch' bulletin is available free to blind or partially sighted people or to anyone concerned either professionally or voluntarily with their welfare. It is issued quarterly in January, April, July and October. In order to get a copy of the bulletin regularly, please send not more than 4 stamped addressed foolscap envelopes (minimum size $8\frac{1}{2}$" x $4\frac{1}{2}$") to 'In Touch', B.B.C., Broadcasting House, London W1A 1AA. It helps to indicate which is the first of the issues required. Postal charges for multiple orders are $16\frac{1}{2}$ p. for 2 or 3, 26p. for 6, 44p. for 12, 94p. for 24.

For a free taped version of the bulletin, send a blank C90 cassette and a self-addressed label to the Tape Recording Service for the Blind, 48, Fairfax Rd., Farnborough, Hants GU14 8JP

THE SPEAKERS PANEL

The Public Relations office of the Council at Southwark Town Hall are able to supply speakers on a range of topics. Some of the subjects covered are rent and rate rebates, how elections are organised, community self-help, how local Government is financed, friendship links, the history of Southwark, entertaining Southwark etc.

Films are available on some of the subjects and Councillors can also be approached directly.

Phone Linkline 701-1231 on how to contact your local Councillor. The Southwark Public Relations office can be contacted on 703-6311.

S D A NEWS

BOROUGH
THWARK

Southwark Disablement Association would like to welcome our new Advice and Resource Worker, Karen Newbury on to our team. Karen who is herself disabled, has wide experience with all types of problems connected with disability, and we are very happy to have her with us.

Karen writes -

I would just like to introduce myself - I'm Karen Newbury, and I've just started at S.D.A. as Advice and Resource Worker. After all the enquiries and the large response S.D.A. had about the job, I feel very lucky that I managed to pip others to the post!

Firstly, before I tell you something about myself, I'd like to say how I look forward to meeting some, if not all, our readers over the coming months, and I do hope that Club leaders will extend an invitation for me to visit them.

I've come to S.D.A. with quite a wide experience, both in the field of disability and in working in the able bodied community, having first trained as a Youth and Community Worker in Birmingham. I've worked as an officer at National PHAB (Physically Handicapped/ Able Bodied), and have run a full time Youth Centre. Living in Camden as I do, it's very hard not to be actively involved in affairs concerned with people with disabilities, and for 6 years I was a co-opted member on their Social Services Committee, as well as other Council Committees, such as Employment and Disability Liaison. So at least I know "how the Town Hall Works.' My experience also includes knowledge of Welfare Rights and Benefits.

I do hope you will feel free to drop in to the office -

Mondays 1.30 - 3.30 p.m. Wednesdays 10 - 12 noon
Fridays 1.30 - 3.30 p.m.

and if I can be of any help at all, please let me know.

ADVANCE NOTICE OF MEETINGS

Club Leaders Meeting - 27th September - S.D.A. Office. at 7.00 p.m. Subject will be Review of Provision of Transport for Voluntary Clubs.

Southwark Disablement Annual General Meeting - 20th October - Aylesbury Day Centre at 7.30 p.m.

Mary

Karen

Denise

A WAY FORWARD INTO WORK.

Would you like to get into the employment market, but never having worked are not sure whether you could cope? Or, have you not worked since suffering disability and wonder whether you really have the confidence to do so again?

Over the past 19 years, Blackfriars Settlement Work Centre has provided a sheltered working environment for those who have been mentally or physically disabled and need a period of time to readjust to the demands of a working day. So often, after a long illness or having been brought up to regard oneself as a 'disabled' person, people find they lack self-confidence in their ability to get to work on time in the mornings and handle tasks they are asked to perform.

At the Work Centre, we have a range of activities; we make handprinted Christmas Cards and run a busy printing service; we produce wooden plant pot stands which are sold through Garden Centres and undertake a range of Craft activities, including knitting, rug making and hand loom weaving. All the goods are for sale, so have to be made to a high standard. Profits enable us to pay a small Attendance Allowance. We cannot pay a living wage, as many Members work very slowly when they first come to us, but we expect this to improve in time so that hopefully, people can move into work within a three year span.

Some people come to us with a view to going on to a skills training centre, others hoping to go straight into a job with the help of the D.R.O. Some people decide that they will not be able to cope with the strain of going to work and may go on to a Day Centre or take classes at an Adult Education Centre.

At present we have one or two vacancies. If you are between 20 - 55 years and interested in the Work Centre, why not have a word with the Social Services Dept. or your G.P. In certain circumstances, we are able to provide transport too and from the Centre.

From Pat Stafford, Project Organiser/Social Worker, Blackfriars Settlement Work Centre, 14, Bayliss Rd., London S.E.1. Tel. 928-7525-6.

FROM MR. RUFFLES.....

A trapper left his camp one morning to hunt down a bear that had been making a nuisance of itself. He followed the bear's tracks southward for one mile, he then turned eastwards, and he followed in that direction again for one mile.

The trapper then spotted the bear and shot it. After making sure that the animal was dead, he then turned north and after walking for one mile he arrived back at his camp, only to find that it had been ravaged by another bear - the mate of the one that he had shot.

What colour was the bear who had ravaged his camp?

Answer on Page 8

DETAILS OF THE PROJECT FOR DEAF PEOPLE AT SOUTHWARK ADULT EDUCATION INSTITUTE, HEADQUARTERS CENTRE.

1. Classes.

There are two 'base' or 'Springboard' classes which contain a majority of deaf people. Most deaf people, in the first instance, join these two classes to get support and gain confidence. They then go on to join additional classes where hearing people are in the majority.

It is prefereble that they join classes that occur on MONDAYS (all day) or/and TUESDAY (mornings only) as the Tutor-in-Charge for deaf people works on these days, and has been able to 'train' and will continue to give support to tutors, other class members and deaf people alike.

The two BASE classes are -

COOK AND EAT	Mondays	11 - 2 p.m.
KEEP FIT & HEALTHY	Tuesdays	10.30 - 12.30.

2. Communication

Clear speech and sign language help is available from the Tutor-in-Charge, herself deaf. Most of the staff at the Institute, particularly the Monday and Tuesday tutors with deaf people in their classes are working on improving their communication, with the help of the Tutor-in-Charge and the deaf students.

The more deaf people we have coming to the Queens Road Centre, the more staff training we can do. Nothing succeeds like majority numbers!

3. Enrolment

IT IS IMPORTANT that deaf people try hard to come to the Queens Road Centre to enrol, otherwise classes become too full, and it is very difficult to 'feed' people in later, and not really ideal. The Tutor-in-Charge for deaf people, and her helper, will be at the Queens Road Centre on three of the four Enrolment Days. These are -

Wednesday	14th September	1.30 - 3.30 p.m.
"	"	6.30 - 8.30 p.m.
Monday	19th September	1.30 - 3.30 p.m.
Tuesday	20th September	1.30 - 3.30 p.m.

Deaf people should be encouraged to come then.

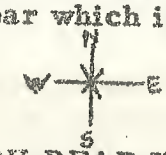
They can enrol on other days and other times, but the Tutor-in-Charge will not be there to advise them. However, please continue to refer people to Queens Road Centre throughout the Terms, as there are ways in which we can help and include them.

4. THE NEW TERM STARTS ON MONDAY, 26th SEPTEMBER 1983 at 10.30 a.m.

D. Kenyon, Tutor-in-Charge for deaf people.
Enquiries to - Breakthrough Trust, (Deaf/Hearing Integration)
London Centre, The Hall, Peyton Place, Greenwich, S.E.10.
Tel. 853-5661.

ANSWER to riddle on Page 6.....

The bear was white. The only place where you can travel south for one mile, east for one mile, then north for one mile, and finish up where you started from, is at the North Pole, so the bear must have been a Polar Bear which is, of course, WHITE.



The Newsletter would like to hear from its readers - DO YOU READ IT - then let us know what you think - comments, opinions, information would be very welcome.

Our Newsletter has a circulation of 800 and for those working in the area of disability, spreads information in a useful way.

Please write to - S.D.A., Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17.

CALLING ALL WOMEN WITH DISABILITIES.....

As you know, some boroughs have a Women's Committee, including Southwark, and we would like to know whether you feel it would be relevant for us to have representation on this Committee.

Are there areas you feel we should discuss? For example - do you feel the Council does enough for women?

Would you like us to organise an afternoon discussion group - perhaps in September, where we could talk about general matters on women with disabilities, and perhaps form a small working group to look at how we could make use of the Women's Committee generally.

If you are a women, would like to come - I'm sure there must be some, and if you need transport- please fill in the form at the bottom of this page and return to -

Karen Newbury, Advice and Resource Officer, Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17.

Name.....

Address.....

Tel. No.....

I am interested in attending an afternoon discussion group Yes/No

I need transport Yes/No

I feel that the following items should be discussed (please write in ideas)

SPASTIC NEWS

The Spastic's Society's 13th Annual Literary Contest is open to handicapped people of all ages from all over Great Britain. The only proviso is that the person must have been handicapped or become so during early childhood.

Cash prizes will be awarded for the best entries in the various categories which are -

Students up to and including 16 years.
Adults fiction 17 years and over
Adults non-fiction 17 years and over
Poetry - all age groups

Entry forms available from Mrs. Nina Heycock, Chenil House, 181-183 Kings Rd. Chelsea, London SW3 5EB. Tel. 352-3046.

You can send as many entries as you like. The CLOSING DATE is 1st August, 1983 and the finals take place on 20th October.

THE SPASTIC SOCIETY'S SPECIAL ACHIEVEMENT AWARD for Children with any type of Handicap who are aged from 5 - 16 years.

The citation is 'for the most courageous or most outstanding effort or achievement in any field by children who have been handicapped since birth or who have suffered handicap by the age of 10 years'.

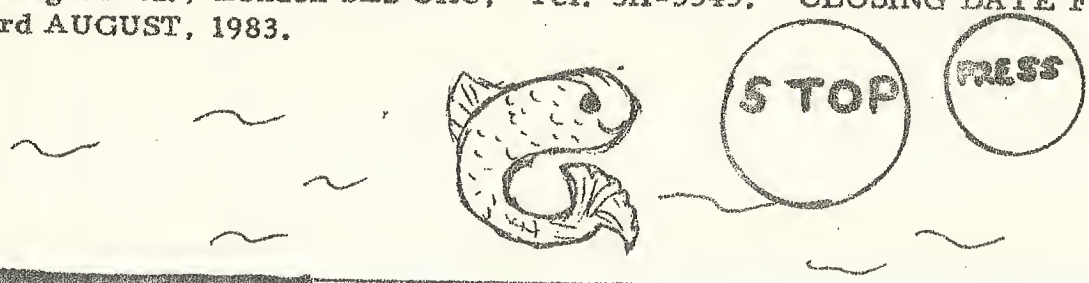
These can be comparatively minor achievements which have demanded great effort or disabilities borne with courage and cheerfulness.

First prize £200. 2nd prize £75. 3rd prize £50.

All finalists get a medal.

Nominations to Mrs. Nina Heycock, Chenil House, 181-183, Kings Rd. Chelsea, London SW3 5EB. 352-3046.

Anyone interested in a fishing competition which the British Sports Association for the disabled are running at South Mere Lake, Belveredere Rd., Thamesmead, London S.E.2. on 6th August, 1983, please contact Mr. F. J. Duhig, 2, Rutherglen Rd., London SE2 OXU, Tel. 311-5545. CLOSING DATE FOR ENTRIES is 3rd AUGUST, 1983.



SOUTHWARK DISABLEMENT ASSOCIATION

MEMBERSHIP FORM

Annual Affiliation fee - £1.00 individuals. £4.00 organisation, club or group.

The newsletter will be sent to you each month. If you pay the £4.00 organisation fee, you can receive enough copies for each of your members. Let us know how many you need. (See bottom of form).

Please tear off along dotted lines and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Telephone - 701-1391.

.....

NAME

ADDRESS

ORGANISATION

+ I enclose £1.00 annual affiliation fee to Southwark Disablement Association.

or

+ We enclose £4.00 annual affiliation fee to Southwark Disablement Association. (Number of copies of newsletter required.....)

+ Delete as appropriate.

SIGNED.....DATE.....

29/9/83
JOHN HARVARD LIBRARY
211 BOROUGH HIGH STREET
LONDON SE1 1JA
TEL: 01-407 0807

SOUTHWARK DISABLEMENT ASSOCIATION

President: The Worshipful The Mayor of Southwark

To All Our Readers

The Chairman & Management Committee

INVITE YOU TO OUR ANNUAL GENERAL MEETING ON THURSDAY, 20TH OCTOBER, 1983 - 7.30 p.m. - 9.45 p.m. AT THE AYLESBURY DAY CENTRE, BOYSON ROAD, LONDON S.E.17.

The theme after main business will be Independent Living Schemes for People with Disabilities covered by a video and our Speaker, Yvonne Hall, the Development Officer from S.H.A.D.

cheese and wine will be served

R S V P to S.D.A. office by 10th October, 1983.

Transport available for those unable to make their own way.

Office and Information Centre:
Room 48, Aylesbury Day Centre, Bradenham, Boyson Road, S.E.17
Telephone: 01-701 1391

ARE YOU GETTING ENOUGH?

Did you know that if you are registered disabled person you may be able to get money off your rates?

Under the Rating (Disabled Persons) Act, 1978, people with a disability are allowed to claim rate relief if they qualify under certain conditions - for example, if you have a garage or car port which you need to park your car; your house/flat has been enlarged to allow sufficient space for a wheelchair; you have more or larger radiators, or extra central heating.

The Disabled Persons Rating Officer tells us that she feels many people do not know of this extra benefit and are therefore not claiming what is rightfully theirs. If you are a Council Tenant or a Home Owner, and you feel you might qualify, then contact us - we have some leaflets in the office telling you more.

MORTGAGES FOR THE DISABLED

The Anglia Building Society is setting aside £10 million for mortgage advances for the handicapped and elderly. This would enable people over 60 to purchase houses, disabled people to perhaps get mortgages to buy more suitable accommodation or alter existing buildings.

The Anglia have said that they feel there is a national need in this area, and that is why they have set aside this sum of money specifically for this purpose. The normal base rates would apply. This allocation is additional to Anglia's commitments to Housing Associations.

£10 CHRISTMAS BONUS TO BE PAID AGAIN THIS YEAR.

Norman Fowler, Secretary of State for Social Services announced recently arrangements for payment of this year's £10 Christmas Bonus.

Mr. Fowler said that the Christmas Bonus was introduced in 1972. It was not paid in 1975 and 1976, but in 1979 was made a statutory annual entitlement. A Christmas Bonus of £10 will therefore be paid this year to people who for the week commencing 28th November, are receiving one of the qualifying benefits. It was necessary for this decision to be taken in advance of decisions relating to the November benefit uprating because, for operational reasons, pension order books including the Christmas Bonus should have been issued in June.

WOMEN'S HEALTH CARNIVAL

An event is being organised to bring together women in Southwark who may be interested in finding out more about healthissues.

Various discussion groups will be included in the day's programme. Subjects like ageing, mental health, women and alcohol, will be covered.

In addition, it might be a good idea to have an opportunity for women who are physically disabled to get together to talk about common problems and experiences. If you might be interested or want to know more about the Health Carnival, please 'phone Rosie Fooks, tel. 703-6958 after 5 p.m.

DO COME TO OUR A.G.M.

HELLO..

I'm Anne Young, Centre Organiser of the Southwark Centre, London Branch, British Red Cross Society, based at 160 Peckham Rye, S.E.22. Tel. 693-4512, should any of you require my assistance.

I have been asked to write a guide to basic First Aid, which will appear monthly in your Newsletter over the next few months. These monthly articles are aimed to give a guide to First Aid in the home, from minor injuries to Emergency situations, which, with a little knowledge and common sense, may help to keep someone alive until fully qualified Medical Staff or First Aiders are at hand. The information given in these articles will therefore be meant for personal knowledge only, and will by no means permit readers to practise First Aid as qualified First Aiders.

If anyone is interested in more extensive knowledge, with the intention of becoming a qualified First Aider, then please contact me to discuss the various courses held at our Centre.

FIRST AID is given in order to:

1. Preserve Life
2. Prevent the condition worsening.
3. Promote recovery until professional help arrives.

The most important rules are as follows:

1. Make sure there is no danger to yourself or the patient.
2. Act quickly and quietly, reassuring the patient and keeping him calm. Send for medical help if necessary.
3. Check breathing - if stopped, start Artificial Resuscitation immediately. (This is explained later).
4. Control heavy bleeding. (Will be explained next month).
5. Keep an eye on the level of consciousness as it may change.
6. Keep the patient warm but DO NOT overheat.
7. Talk to the patient, gaining as much information as possible which should be passed on to Medical Staff.
8. Do not leave an unconscious patient, and providing there are no major fractures, place in Recovery position (see diagram). If a serious injury is suspected, do not move the patient, but stay by his head, checking his breathing, and clearing his mouth out with your fingers or a handkerchief should you fear an obstruction. In this instance, you would turn the patients head to one side.
9. Do not give anything to eat, drink or smoke.

Artificial Resuscitation

In order to find out whether a casualty is breathing, place your ear above the patient's mouth and look along the chest and stomach. If the person is breathing, you will hear and feel any breaths and see movement of the chest. A casualty who has stopped breathing will almost certainly be unconscious. If the patient is not breathing start resuscitation immediately.

Treatment.

1. Lay the patient on his back on a firm surface.
2. Ensure the patient has a good airway by pressing the patient's head back and supporting the nape of the neck.
3. Remove any foreign matter from mouth or back of throat, also loose dentures.
4. Take a deep breath.
5. Pinch the patient's nose to prevent air from escaping through nostrils, and seal your lips around his mouth.
6. Blow into his mouth - the first four breaths to be done quickly. This air will pass into the lungs; watch for the chest to rise.
7. Remove your mouth and watch for the chest to fall.
8. Repeat and continue inflations about every six seconds until person is breathing normally.

Resuscitation should be attempted even if you are in doubt about whether a casualty is capable of being revived. You should always continue until breathing is normal, or until a qualified person can take over, or if you are exhausted and unable to continue.

PRESS RELEASE FROM ARTSLINE.....

The choice of entertainment in London is limitless. Many people however, face practical problems in getting out and about. Artsline, the telephone advice service on the arts in London for people with disabilities and special needs, can help solve many of those problems.

Whether just planning an evening out, or looking for a place to go to regularly or even preparing for a career in the arts, Artsline can provide friendly in-depth advice on practically any arts-related activity. Since the service was launched in December, 1981, it has assisted thousands of callers, many of whom had felt themselves cut off from fun and entertainment.

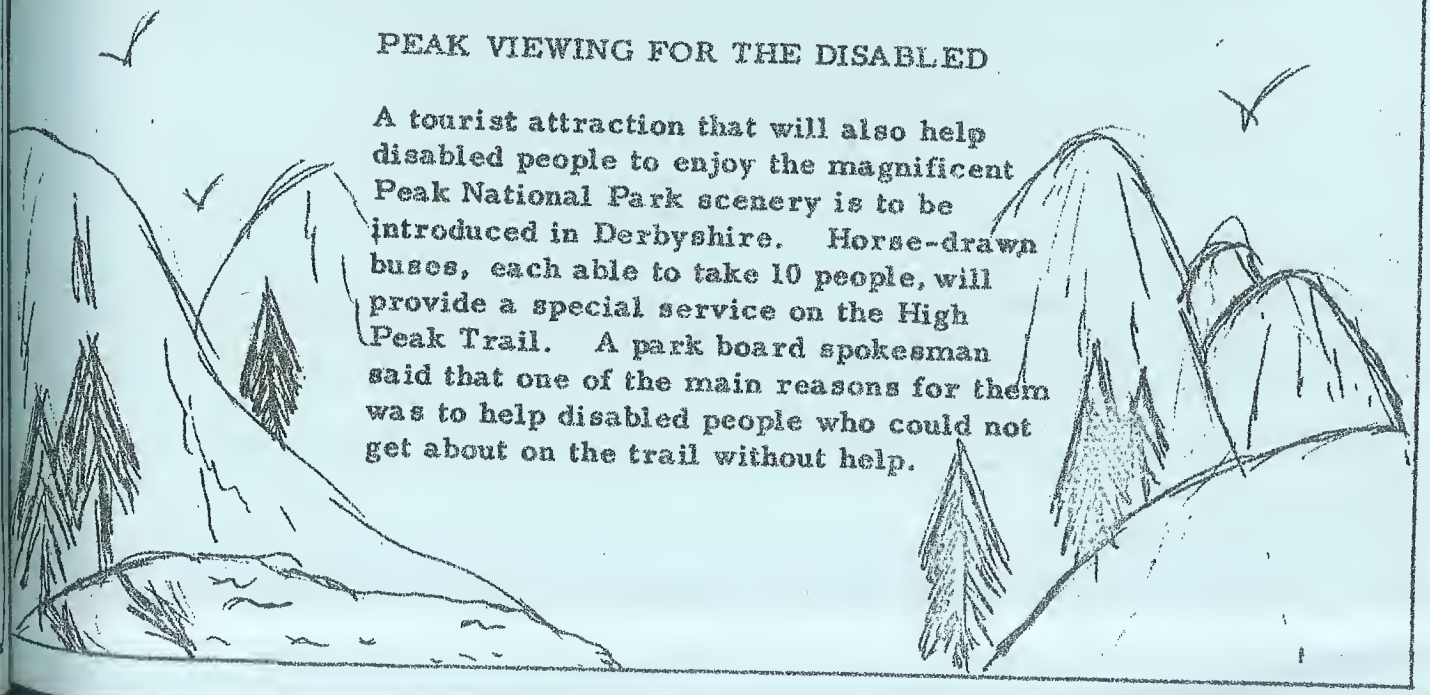
Artsline's vast information resources can cater for the interests and requirements of each individual caller. The service can provide wheelchair users with details on access to buildings and outdoor events, and advise on transport. Blind persons are invited to phone in to get a talking 'what's on' guide, or to obtain information on a specific interest.

A special concern is to provide help for people who wish to become actively involved in the arts. Artsline offers guidance on educational opportunities, and on arts groups for people who share similar interests. As a result, many disabled people have developed latent skills, discovered new confidence and enthusiasm.

Crossing all the usual boundaries set by area and education authorities, arts organisations and social groups, Artsline aims to serve anyone needing special help in gaining access to London's arts and entertainment. There is no charge for the service. Artsline is a registered charity and receives financial support from the G.L.C. and a number of London boroughs. It also has a continuing association with Capital Radio through on-air promotions.

The phone-in service is open Tuesday to Friday 12 p.m. - 4 p.m. and on Saturday 10 a.m. to 2 p.m. Telephone 625-5666/7. Artsline can also be contacted by letter at 48 Boundary Rd., London N.W.8.

PEAK VIEWING FOR THE DISABLED



A tourist attraction that will also help disabled people to enjoy the magnificent Peak National Park scenery is to be introduced in Derbyshire. Horse-drawn buses, each able to take 10 people, will provide a special service on the High Peak Trail. A park board spokesman said that one of the main reasons for them was to help disabled people who could not get about on the trail without help.

VISIT TO ARUNDEL CASTLE.

On Sunday, July 31st, I went to Arundel Castle with 2 friends, and I was amazed at the kindness they showed to disabled people in wheelchairs.

We got to the entrance, and we were told there was no charge for people in wheelchairs. Then the attendant went on to tell my friend the best way to go so she could avoid the steps to the Castle.

Once in the Castle we were taken up in the lift and were able to see around all the rooms.

There was a small charge to go into a special exhibition of costumes and jewellery, but again there was no charge for me. (Don't get me wrong - I don't mind paying for what I have.)

It was wonderful to be able to see the whole of the Castle instead of just the ground floor, and I have visited many. Every room was really worth seeing. I do think that Arundel Castle is very accessible and interested in us.

What makes me say this is that the proceeds from the special exhibition were for local charities for the disabled and they had a large collection box by the exit from the exhibition with the words "The Disabled Need Your Help'.

Josie Reilly.

AMICUS

This month's Club Article.....

is from Mrs. Joyce Ayers, Honorary Secretary of the Amicus Club of Dulwich. (For the housebound and disabled).

The Amicus Club was dreamed up and brought into being by a lady who suffers from multiple sclerosis who, whilst waiting delivery of a wheelchair, realised how bad it was to be housebound and there was no such provision in Dulwich. She got help from friends and local people and with much hard work launched the club 5 years ago.

Her aim was to bring people together for a few hours each week who otherwise could not get out.

Why Amicus? I understand in Latin it means friendship and that's exactly the aim and what has been achieved during the 5 years.

All who help with transport, catering, entertainment and the well being of the Club give their time with love and ask no other reward than they can give a little pleasure to those less fortunate than themselves.

P.S. Lanna, our Founder, has moved into the country. She has a bungalow suited to her needs, is well, and still keeps in touch with "her Club".

HOLIDAY CARE SERVICE

Holiday Care Service offers free advice and information on every aspect of your holiday including accommodation, transport, package holidays in the U.K. and abroad, special interest and activity holidays, publications and guides, facilities for disabled people.

Every enquiry is dealt with individually. Write or telephone Holiday Care Service, 2, Old Bank Chambers, Station Rd., Horley, Surrey RH6 9HW. Telephone Horley (02934) 74535.

S.D.A. News

As from the 5th October, Southwark Disablement Association's Advice Centre will be open on Wednesday evenings from 6.30 - 8.30 p.m. This is going to be on an experimental basis for six months, because we feel there must be some people who for one reason or another are unable to reach us during the day. The telephone line will be open and I shall be firmly placed at my desk for anyone who has need of our service - so please do use us.

Thursday, October 6th, will also see a new aspect of our Advice Work as from that date we shall also be running an afternoon session at the Peckham Citizen's Advice Bureau, 94, Peckham High Rd., S.E.15. starting at 1.00 p.m. and finishing at 3.00 p.m., so anyone with a disability or a relation needing advice can drop in and see us.

Peckham Citizens Advice Bureau is accessible both for those in wheelchairs and other disabilities. There are toilet facilities.

We will be busy now preparing for our Annual General Meeting, and, of course, we hope to see you there.

At the recent fishing competition organised by the B.S.A.D., S.E. London Branch, the Southwark entrants did very well.

Roger Brooksby came 2nd in the highest combined weight - able bodied and disabled angler - 9 lbs.15oz. Roger also came 2nd in the individual catching most weight - 31 lbs.14 ozs. Roger also came 1st with the best roach - 14 oz.

Peter Hodsdon came 1st with the best rudd - 4 oz.

Top Club Competition - Southwark came second.

Roger came 2nd in the sweepstake with the highest weight overall. WELL DONE.

Mary is currently involved with the production of two booklets which we hope will be produced in the New Year.

One is for parents of handicapped ch children, and the other for all disabled people in the Borough. They will explain what services and benefits are available, particularly in Southwark.

We are very pleased with our new leaflet explaining when we are open and what we do. We enclose one with this newsletter, and hope you approve of it, and will pass it on to anyone else who might like to know about us.

The Crossroads Care Attendant Scheme progresses well, and the scheme is proving of great benefit to many disabled people. Make a note in your diary of their Annual General Meeting - 3rd November in the Aylesbury Day Centre. Transport is available for those who need it. Please let us know by 20th October so we can make the necessary arrangements.

From September 27th until December 13th, Morley College in Association with SHAPE are running a creative writing course for people with disabilities.

The fee is £8.50 for the course, or £1.50 for people in receipt of State Benefit.

There is level access via the rear entrance in King Edward Walk, disabled toilet facilities are available, and there will be a sign language interpreter in the class.

For further details contact Seona Reid, SHAPE, on Tel. 388-9744.

WOMEN WITH DISABILITIES DISCUSSION GROUP

As people will remember from the last newsletter, we asked if women with disabilities would be interested in joining a discussion group to see if there are matters we could take up with the Women's Committee.

However response was poor - only 3 women showed any interest, so for the present this discussion group will be postponed.

Councillor Sue Goss will be attending the S.D.A.'s next Management Committee Meeting to tell us how the Women's Committee operates and what its aims are. If readers feel there are issues they wish to take up with the Women's Committee, but cannot actually get into tell us, or feel they are not able to attend meetings, so haven't responded to the idea of a women's discussion group - perhaps they would like to write in or ring the office - Tel. 701-1391.

CEH HOUSING RESEARCH PROJECT.

Centre on Environment for the Handicapped and the Long Term and Community Care Team are collaborating on a joint project to develop an information bank on housing and care schemes for physically handicapped people (such as Crossroads Schemes, sheltered housing schemes, small group homes, the provision of 'money Packages' which enable people to buy the services they need individually). The project workers want to know how such schemes are funded, whether they are needed, how they work and where they are based.

If you feel you can contribute information or want to know the results of the survey please get in touch with -

Register of Housing/Care Schemes for Physically Handicapped People,
King's Fund Centre,
126, Albert St.,
London NW1 7NF
Tel. 267-6111 Ext. 245.

For the last 3 years, the DLF Information Service has collected and published an "Ideas for One-Off Aids" Sheet, but it is becoming increasingly difficult for them to find enough really worthwhile ideas to fill the sheet and they would be glad to receive your views on its value. They suggest that they continue to collect and keep any ideas they receive and publish them when they have a sufficient number - perhaps every six months. They will be grateful to receive any comments and at the same time, details of one-off aids which have been found useful and may be useful to others.

Contact Pippa Ward, DLF Information Service, 346, Kensington High St., London W14 8NS.

DON'T FORGET OCTOBER 20th

CHRONICALLY SICK AND DISABLED PERSONS ACT 1970 AMENDMENTS BILL 1983.

November 18th is a very important date for people with disabilities. On that date, Mr. Robert Waring will be presenting to Parliament, the Second Reading of his Private Members' Bill which has drawn No. 2 in the lottery.

The Amendments Bill 1983 will tighten up a lot of the regulations under the 1970 Act. Within this Amendments Bill will be an anti-discrimination clause covering employment, transport and access to buildings. If this Bill gets through its Second Reading, it will then have to go to the House of Lords for a further reading before it becomes law, so it is crucial that 100 M.P.s are in the House on November 18th to vote in favour of the reading. The last attempt by Mr. Donald Stewart in February, fell for the want of only 23 votes.

We know that money is tight and any such amendment will cost money, but that should not be the argument in allowing the bill to fail. We need to ensure that people with disabilities do have rights. At the moment, they are the only minority group without any real civil rights, and this bill could pave the way for when Britain's financial situation does improve.

So how can you help to ensure that this bill does get its second reading? Firstly write to your M.P. asking him/her to be at the House on that date. Ask that they vote in favour of the bill. Ask if you can arrange to meet them at the House of Commons on that day. Explain that you feel that people with disabilities are finding it harder and harder to hold their heads above water - that though Britain once led the world in caring for people with disabilities, we are rapidly falling behind. Next, ask your local Councillors to write to the M.P.s asking them to support the bill. When you write to your M.P. ask them to ask their London colleagues to also be in the House on that date. All we need is 100 votes - in other words only one third of the Country's M.P.s. need to be there for the Bill to go through, provided they vote YES. Even if your M.P. is a Conservative or S.D.P./Liberal Alliance, you should try and get their support. If you're not sure of who your M.P. is, ask us at the office and we can give you their names, together with the names of your Councillors.

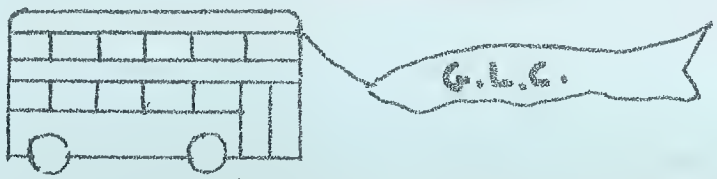
If we lose this chance of the Bill going through, we may have to wait for another election and that may not happen for another 5 years.

If you need help in knowing what to say when you write to your M.P., then ask us - we may be able to help.

ROAD USERS TAKE CARE

The National Deaf-Blind Helpers' League has asked road users to take extra care when they see someone using a red and white banded cane as it indicates the user is both deaf and blind.

Further details from National Deaf-Blind Helpers' League, 18 Rainbow Court, Paston Ridings, Peterborough PE4 6UP



The G.L.C. believe that many people do not receive all the benefits they should and as a result they are launching a campaign to encourage people to make sure they are getting what is rightfully theirs.

The start of this campaign is in Southwark in two wards - Browning and Liddell. During December, every house or flat will have a leaflet through their door telling them what benefits are available and how to get them, together with a postcard they can send off.

As well as the leaflet through the door, 2 buses will tour the areas so that people can drop in and get instant advice. Both buses will be ramped and have downstairs access. Announcements will be made on where the buses will be at any given time, and on certain days during the month, they will visit the Aylesbury Day Centre. - more information on when and where in the next newsletter.

If you think you will be entitled to anything, then do make use of this service. Obviously, it may take some time before you hear from the D.H.S.S. once your postcard has been sent because as you will realise, it's likely that there will be a heavy response, and claims will take time to process.

We have high hopes that this badly needed campaign will be successful, and we will, of course, keep you posted.

We anticipate that our Advice Centre work will increase after the start of the campaign as it is believed that there are many people with disabilities who do not get all the benefits they are entitled to.

HANDICAPPED INDEPENDENT PARENTS ORGANISATION

(.H.I.P.O.)

We are a group of physically handicapped parents setting up a self-help group in the Greater London Area. Our aim is simply to try and help those parents (and mothers-to-be) with physical disabilities, whether they be temporarily or permanently handicapped.

HIPO will act as a contact point for disabled parents and provide local information on anything from medical services to shopping facilities for the handicapped. Most of all, HIPO can offer advice from people who know what it means to be a disabled parent in London.

Please contact us if you are interested in joining HIPO or if you would like to know more about us. Call or send a stamped addressed envelope to -

Mrs. Amanda Knapp,
1, Oakwood Court,
London W.14.

Tel. 603-0082.

Mrs. Helen Wynne,
Tel. 624-7017.

ARE YOU A TAXI CARD HOLDER?.....

Did you know we have formed a club for Southwark Taxi Card Holders?. At the moment we are quite a small group with Josie Reilly as our Chairman, Sheila Waters as our Secretary and Treasurer, and 6 other Committee members.

We all agree we were very fortunate being the first Borough to operate this scheme and it is up to us to help to improve the scheme so that the G.L.C. will realise it is very worthwhile to continue and expand it, once the pilot scheme finishes.

We are very anxious to get all people with disabilities mobile and know there will always be those who need another type of vehicle. In January, 1985 - a long way off - a new type of taxi - the C.R.6. - will be on the road. That will allow quite a lot of wheelchair bound people to travel by taxi. Even so, we are concerned about those people for whom the new taxi won't be suitable. In view of this, we are sending a representative to a meeting in October to hear about the benefit of "Dial-A-Ride".

We aim to represent the views of Southwark Taxi Card Holders to the G.L.C. We hope to liaise with Taxi Card Holders Groups in other Boroughs. At the moment, we are the only Borough to have formed a group.

We have had 'chats' with Mr. Veale of the G.L.C. and he advises us to fill in a 'problem form' each time there is a long delay - if the taxi doesn't turn up, etc. He, like us, has heard 'grumbles' about the scheme, but it would help him to get us a better service if he has evidence of every booking that doesn't run smoothly. To help with the form filling, Sheila Waters will be in Room 48, Aylesbury Day Centre on Fridays from 2 - 4 p.m. Do feel free to pop in with taxi problems and suggestions on how to improve the service. Should you be unable to get to Room 48, you can always ring Sheila at home, Tel. 732-9706.

Tips to Try.....

Return bookings have been agreed by the taxi firms, so try this when booking outward journeys, and let Sheila know if it's successful or not.

Should you have difficulty when speaking to a Controller, you can always ask to speak to a Supervisor. They are there to help you.

If making a long journey, you can 'phone and ask for a quote before making a booking. This could save a nasty shock!

Now, we want you to watch for the next issue of the S.D.A. magazine. In this you will find a very important date - that of our FIRST Annual General Meeting in November. At this meeting we have the usual business to get through first - election of the Committee and Officers etc., then we are having a 'Social Gathering' for us all to chat and get to know one another. This could be fun, swapping yarns of our taxi rides over the light refreshments you will be served. We are looking forward to meeting you all, so do try and come, won't you.

DON'T FORGET TO WATCH THE NEXT ISSUE FOR THE DATE.

Sheila Waters, Secretary, Southwark Taxi Card Holders.

Southwark Institute

Summer's drawing to a close, and it's time to start thinking about things to do on cold days and during long, dark, winter evenings.

Southwark Institute's 1983/4 programme of daytime and evening adult education courses starts at the end of this month. Anyone who is unemployed, retired or receiving supplementary benefit only pays £1.00 for any course.

Two of the Institute's branches are particularly suitable for people confined to wheelchairs -

Nunhead Branch, Whorlton Rd.,
S.E.15. Tel. 639-4557

Goodrich Branch, Upland Rd.,
S.E.22. Tel. 693-1053.

A wide range of classes from bee keeping to wine making are available at these branches. If you are a member of S.D.A. or a group or club organiser, take a look at the prospectus included with your newsletter. Don't worry too much if you miss the enrolment period - 14th, 15th, 19th, 20th September, 1.30 - 3.30 p.m. and 6.30 - 8.30 p.m. You can just come along to the class you want to join from Monday, 26th September.

If transport is a problem, we will try to help. Please note that transport is available for the craft and sport activities at Goodrich Rd. on a Friday night. Mary Marshall, Tel. 701-1391, should be contacted if you wish to take advantage of this.

PLEASE PASS THIS INFORMATION ON TO ANYONE YOU KNOW THROUGH YOUR CLUBS AND ORGANISATIONS.

ABBEY HELP

If you find it difficult to visit a Building Society office because you are disabled or housebound, you can now get help from a new service offered by Abbey National.

A trained counsellor will arrange a time to call on you in your own home to discuss the range of services available. He or she may also be able to make special arrangements for you to pay in or withdraw your money.

If you are interested in this offer, write to Abbey National Building Society, Freepost, Croydon CR9 9ED. (no stamp needed.)

If you need transport for our A.G.M. please

LET US KNOW

SOUTHWARK DISABLEMENT ASSOCIATION

November December No 26

YOU ARE INVITED

to join us in a UNITED CAROL SERVICE

on Sunday 18th December at 3 00pm in

Southwark Cathedral, London Bridge s.e.1

VERY LIMITED TRANSPORT AVAILABLE FOR THE HOUSEBOUND
BUT IF YOU CAN MAKE YOUR OWN WAY - DO.
NAMES TO S.D.A. OFFICE, ROOM 48, AYLESBURY DAY CENTRE
BOYSON ROAD, S.E.17. TEL. 701-1391. BEFORE 5th DECEMBER

Come And Join Us

for a very enjoyable Service

Room 48, Aylesbury Day Centre,

Telephone: 01-701 1391

Bradenham, Boyson Road, S.E.17

This month's Club Article has been very kindly sent to us by Mrs. Marjorie Seaton, Social Organiser and Secretary of the DISABLED PEOPLE'S CLUB

In 1955, this club was formed by a group of disabled folk, who wanted a social weekly evening. Their means of transport, if unable to walk or use a bus, was by their three-wheelers, known as tricycles - often not too reliable, but my! how happy they were to be mobile. Helpers were needed, and this is where I came in (tea making etc.). The grand opening took place on November 15th, in the then Peckham Liberal Club. Later, the club was offered 29, Peckham Road Welfare Dept. At first we just used a small room, but as numbers increased, we then used the hall as well.

Of course, in those early days, Council coaches were not on the road, but the joy of an ambulance coach became available to clubs just once a month. When five Wednesdays came in a calendar month, we were allocated a vehicle, sometimes without a lift - just a dormobile, so wheelchair folk had to stay at home.

Private hire coaches were used quite often once number s were high and outings were arranged. No-one ever dreamt that disabled people would be going out and about and enjoying themselves so much - no distance seemed too far. Ice shows, Royal Tournaments, river trips, theatres, anniversary parties, tramp suppers etc., and even a long weekend in Belgium (Ostend). Thirty eight disabled people and able bodied helpers had a super time. I'm not sure that the lift in the hotel was happy - all those wheelchairs up and down - we felt sure it was sagging when we departed.

By this time, in 1967, we had been donated a large coach which had the capacity to carry at least six, if not more wheelchair passengers as well as our walkers, and this went with us to Ostend driven by our St. John ambulance driver who did manage the right side of the road, driving very well - (we always kept our fingers crossed of course). We finally wore the poor coach out.

Disabled people are the most cheerful folk I know. They do appreciate all that is done to make their lives a little happier. We still meet every Wednesday evening : 7.30 - 10 p.m., age group ?? - who cares. Our evenings are meant for chatting, bingo, card games, mini-sales to help raise our funds, entertainment when possible, and on this subject, I am on the lookout constantly for any offers of entertainment. I am sure, so many folk would come, if only they know of clubs like ours. Members come by coaches from Southwark and Lambeth, and this also makes chatting a little more interesting.

Get to know other disabled people - hear their problems, and try to forget your own.

Mrs. Marjorie Seaton,
Social Organiser and Secretary.
Tel. 771-2559

HAVE YOU HEARD OF PARKINSON'S DISEASE

Did you know that with the population living longer, one person in 100 born today may develop Parkinson's Disease. Did you know that of all Parkinson's Disease patients, one in seven have suffered since their 30's or 40's? But how many people really know about it; is there a cure and how is it treated?

This mysterious and sometimes disabling condition is caused by the malfunction of certain cells deep in the base of the brain which fail to produce adequate amounts of the chemical substance dopamine. Symptoms may include uncontrollable tremor, rigidity, a mask-like face, difficulty in swallowing, loss of balance and falls, pain, fatigue, restlessness and depression whereas intellect and insight are unimpaired. For patient and family alike, it can be a tragedy.

Parkinson's Disease has been with us for thousands of years and was referred to by the Egyptians and in Chinese folklore; not by this name of course! Little more is known about why people get Parkinson's Disease than when James Parkinson first described it in 1817 in his 66-page "Essay on the Shaking Palsy". However, there have since been tremendous advances in its understanding and treatment, and since the introduction of the drug levodopa in the 1960's, life expectancy for Parkinsonian patients has been restored to norma. But what more can be done to help?

The Parkinson's Disease Society is a registered charity which was formed in 1969 by a small group of concerned relatives and friends of Parkinson's Disease patients. They felt that very little information was readily available and that once diagnosed, a patient had very few people to turn to. One of our main aims is to help patients and relatives with the problems arising from Parkinson's Disease and it is the first concern of the Society and our voluntary helpers to try to ensure that the patient and the family are aware of, and receive, whatever help they need in the way of the many aids and services provided by their local authority Social Services under the Chronically Sick and Disabled Persons Act, 1970.

In the Southwark area there are now firm plans to do something positive for those who suffer from Parkinson's Disease and for those who know someone who does and regular meetings are underway. Whatever the reason for your concern and interest, you are urged to join in the fight against Parkinson's Disease by supporting your local Branch of the Society.

Ms. Sharon Chandler, will be available to speak to or see people every Thursday, (10 - 4 p.m.) at the Lister Health Centre, 1, Camden Square, S.E.15. Tel. 701-6291. She will also be prepared to make home visits (preferably Fridays).

The Head Office of the Society is 36, Portland Place, London WIN 3DG. Tel. 323-1174

NEW TRAVEL SCHEME FOR SENIOR CITIZENS

British Rail and the Greater London Council have agreed a new travel scheme for Senior Citizens. The scheme started on October 9th and will allow holders of G.L.C. travel permits to travel at half the Awayday fare between British Rail stations in the G.L.C. area. The tickets can be used on any day of the week, including Bank Holidays for day return journeys. The only times to be avoided are during the morning rush before 9.30 a.m. Mondays to Fridays. Permit holders may also take up to four children with them for only £1.

British Rail's senior citizens railcards costing £12. are still available for half price journeys to other parts of the country.

CRISPIN HOUSE A.T.C.

ANNUAL SPORTS DAY

It was Friday, 23rd September, 1983 and the sun shone and shone - and so it should, for it was Crispin House's Annual Sports Day.

The Groundsmen had done their jobs well, and it was on a perfect field when the events opened with the "Throwing the Wellie" event which was followed in quick succession by the 100 yards sprint, wheelbarrow race and skipping race etc.

It was at mid-way however that the main event of the day took place - the long awaited Annual Football Match between the "Crispin House Dodgers", and their arch rivals "The T. V. Wrestlers All Stars" - and what a match it was.

The "All Stars" fielded what was possibly their strongest team ever. Team Captain "Cyanide" Sid Cooper had really gone to great lengths to ensure that his team would win the day and carry off the coveted "Mike Marino Memorial Trophy". "Just look at them" he said with a smirk on his face, pointing them out -

World Heavyweight Champion Wayne Bridges, Big Bill Bromley, Lennie Hurst, "Superstar" Mal Saunders, "Soulman" Bond, "Iron Fist" Clive Myers, John "The Bear" Elijah, Billy Boy Muir etc. etc. who were being given last minute instructions by their Team Manager, the former Heavyweight Champion, Georges Gordienko. In spite of his boast however, "Cyanide's" face took on an uneasy look when Chris Whiffin (the original Dodger) led his team onto the field.

The match began at a furious pace and with much vocal support for the "Dodgers", their superior skills quickly came to the fore - the T. V. Wrestlers went down like ninepins before the onslaught of the tireless "Dodgers"and it wasn't long before "Cyanide" Sid and his team began to use tactics which could hardly be described as sporting, and as a result of this the ball crashed into the Dodgers net three times in quick succession.

It was a triumphant "All Stars" team that walked off at half time with a 5 - 2 lead. In the Dressing Rooms, a pep talk was administered by Player-Manager Steve Green, and when the whistle went to start the second half, it was an invincible born again Team of Champions that faced up to the "All Stars".

Goal after goal crashed into the back of the wresters' net, leaving burly shaven headed "Bully Boy" Muir flat on his face every time. With just a few seconds to go - and the score standing at 7 - 7 after some brilliant teamwork, the Dodgers sent the ball into the net again with the goal that spelled victory.

As the Mayor of Southwark was handing the Trophy to the winning team, a dastardly attempt was made by "Cyanide" Sid Cooper and Bully Boy Muir to seize the Trophy and make off with it, but this was thwarted by "The Dodgers" who gave chase and brought the villainous pair down.

Cooper's last words as he skulked from the ground were "WE SHALL RETURN".

Many thanks for this amusing piece to Joe Scala, Sports Correspondent of Crispin House.

THIS MONTH'S FIRST AID ARTICLE

HEART ATTACKS

CORONARY THROMBOSIS

Heart attacks can be very frightening, but remember that many patients make a complete recovery and that prompt action can save a life.

SIGNS AND SYMPTOMS

Sudden, crushing pain in the centre of the chest (sometimes described as severe indigestion) which may spread to arms, throat, jaw and back.

Sudden dizziness or giddiness causing patient to need support.

Skin may be ashen, lips, fingers and toes may become blue.

Profuse sweating.

Breathlessness.

Shock

Fast pulse which may be weak and irregular.

Unconsciousness may develop and breathing and heartbeat may stop.

TREATMENT

Send for medical aid immediately.

1. If conscious, support and place patient in a half-sitting position with head and shoulders supported and knees bent.
   DO NOT ALLOW PATIENT TO MOVE UNNECESSARILY
2. Loosen any tight clothing around neck, chest and waist.
3. If patient is unconscious but breathing correctly, place in Recovery Position.
4. If breathing and heartbeat stop, begin Resuscitation immediately). (see last issue of Newsletter)
5. Treat for shock.
6. Check breathing and pulse at 10 minute intervals.

ANGINA

Severe pains in the chest, and often mistaken for Coronary Thrombosis, is very common in elderly people. Attacks usually last for a few minutes only and the pain should stop if the patient rests.
Treat as for Thrombosis, but note that many patients who suffer from Angina carry special medicine for prevention or treatment of an attack.

IF SYMPTOMS PERSIST ARRANGE REMOVAL TO HOSPITAL.

MORLEY COLLEGE IN ASSOCIATION WITH SHAPE

An 11 week course in Creative Writing for People with Disabilities with E. Lynne Beel, to improve creative writing skills, discuss disabled authors of interest, produce a group magazine; do writing exercises in imagination and technique.

Tuesdays: 7 - 9 p.m.

Starting September 27th, November 1st 1983 until December 13th, 1983.

Fee: £8.50 for the course: £1.50 for people in receipt of State Benefit. £12.50 for people living outside the I.L.E.A. area.

Registration: November 1st in the room allocated to the class. Room number to be posted at entrance.

MORLEY COLLEGE, 61, Westminster Bridge Rd., London S.E.1. Level access via the reat entrance in King Edward Walk. Disabled toilet facilities available. There will be a sign language interpreter in the class.

For further details contact Seona Reid, Shape, on 388-9744.

TRAVELLING FELLOWSHIPS

The Winston Churchill Memorial Trust is again offering Churchill Travelling Fellowships for people to make studies overseas related to their trade, profession or interests, in order that they might bring back knowledge and experience for the benefit of the community. Two categories of particular interest apply to -

a. Nurses and other workers caring for the elderly in hospitals, residential homes and rehabilitation centres.

b. Sport and adventure for disabled people.

Applications are open to all UK citizens with no age limits and no special qualifications required.
For further information apply to: The Winston Churchill Memorial Trust, 15, Queen's Gate Terrace, London SW7 5PR.

PRESS RELEASE FROM ARTSLINE

Artsline, the telephone advice service on arts and entertainment in Greater London, has prepared an access symbol guide for inclusion in City Limits magazine's weekly listings columns.

This will provide an at-a-glance indicator of access conditions at each venue , and will be of particular interest to people with mobility problems or hearing difficulties.

The key to the symbols will be as follows -

e) Hearing aid system installed. Always check with the venue whether in operation.
w) Venue with unstepped access, wheelchair spaces and adapted lavatories.
a) Venues with incomplete facilities - Ring Artsline - 625-5666/7
s) Venues with particularly difficult access - ring Artsline for details.

JOB-SHARE SUPPORT GROUP

Job-sharing is a flexible way of working whereby a full-time job is shared, with the hours, pay, holidays and benefits divided proportionally between the workers. The hours can be varied to suit the needs of the individual and the requirements of the job. Job-sharing opens up opportunities to disadvantaged people seeking part-time work, such as people with home responsibilities, outside interests or individual limitations, e.g. such as a disability, who are not available for full-time work. Job-sharing would allow people to work part-time and have benefits normally associated with full-time jobs - decent rates of pay, job security, more responsibility, plus all the fringe benefits lacking in part-time work.

We are a small group of unemployed women who first met at the Southwark Unemployed Centre, and we would like to set up a JOB-SHARE PROJECT in the Lewisham and Southwark areas, working closely with local employers and unions to promote the idea and practice of job-sharing as a positive alternative to part-time and home working. We want to challenge the myth that part-time work is unimportant - a fifth of all workers work part-time, mostly out of necessity not just for 'pin money.' Part-timers have the right to expect a fair deal, no less than full-timers, and only have access to similar conditions, benefits and status through job-sharing.

If you would like to join our support group or help in setting up the project for which we hope to get Council funding shortly, please contact Maggie Gardiner, Trudy Davies or Kath Fowler, c/o The Southwark Unemployed Centre, 83, Peckham High St., S.E.15. or you may 'phone us at home - Maggie: 635-9356, or Trudy: 732-2898.

BENEFITS

It's a well known fact that many people do not take up all the Social Security benefits to which they are entitled. The reasons are varied:-

Some people refuse to have anything to do with what they perceive as 'charity' in the worst sense of the word, others are afraid of being labelled as 'scroungers' and refuse to make a legitimate claim. However, many more people are ignorant of the benefits to which they are entitled or are put off by officialdom or the sheer complexity of form filling.

Do YOU know anyone who may be entitled to benefits which they don't yet claim? For that matter; are YOU receiving all the benefits to which you are entitled as a disabled person?

Information can be obtained by 'phoning the S.D.A. office, or visiting us during our Advice Sessions, Mondays and Fridays 1.30 - 3.30 p.m. and Wednesdays 10 - 12 and 6.30 - 8.30 p.m. when Karen will be only too pleased to answer your enquiries and to offer any help required.

Meanwhile, we will be focusing on one particular benefit in each future issue of our newsletter. This month we enclose a list of the new rates of benefits which came into effect in November.

The G.L.C. Benefits Campaign commences in December in 2 Wards - Liddle and Browning - in Southwark. It's aim is to encourage people to claim their benefits.

Two buses will be stopping at places around the 2 wards, so that people can ask for instant advice and leaflets. Watch the press and television for details as to where the bus will be stopping. It will be stopping outside the Aylesbury Day Centre sometime during the month's campaign.

POST OFFICE ACCESS

Problems and information to the S. D. A. office please. We want it for our own Access Project that we hope to do next year, and to pass on to G. L. A. D. Working Party set up especially to look at Post Office Access.

FREE VETERINARY TREATMENT

Disabled people and pensioners can obtain free veterinary treatment for their pets. Anyone receiving sickness and unemployment benefit, supplementary allowances, Family Income Supplement and rent/Rates rebates can also benefit from the scheme.

The scheme is run by the People's Dispensary for Sick Animals (P. D. S. A.) who have 57 animal treatment centres around the country. They also run an Auxiliary Service in 20 small towns run through private vets.

For further information, contact P. D. S. A. Head Office, Dorking. Tel. (0306) 888291.

SPECIAL VEHICLE STICKER

Gowrings, Mobility International, the Grange, Lower Way, Thatcham, Newbury, Berkshire RG13 4PH, have designed a red and yellow striped sticker for disabled drivers or passengers saying "Don't Park Too Close - I have to get My Wheelchair In!". It is available from the above address for £1. 00 (inc. postage and packing).

TRIAL FOR NEW TEXTURED PAVEMENTS AT DROPPED KERBS

The first trial of a new textured surface to assist both wheelchair users and visually handicapped pedestrians at road crossings was launched in Parliament Square on 18th July. The kerb has been ramped to the level of the road. The pavement, which is rust coloured, incorporates small round lumps so that blind and partially sighted people can recognise more easily that they are approaching a pedestrian crossing.

The surface was developed at the Transport and Road Research Laboratory in consultation with wheelchair users and visually handicapped people. The trial is to check that it is helpful to disabled people and to ensure that it can withstand different weather conditions.

ANNUAL CHRISTMAS BAZAAR

The British Red Cross Southwark Centre, are holding their Annual Christmas Bazaar on Saturday, 10th December at Troy Town Hall, Troy Town Flats, Nigel Rd. Peckham. at 2 p.m.

Various stalls and refreshments.

WANTED

Mrs. Ilines, 2 Newbolt House, Brandon St., S. E. 17. wants a secondhand Batric Car.

SOUTHWARK TAXI CARD HOLDERS

NEWS SHEET NOVEMBER 1983

Well we made it!! We had our first Annual General Meeting on 10th November 1983. Many times during the last few weeks, I wondered whether we could get you all to the same place at the same time. I consider it was a major achievement (and I know, a lot of work). This would never have been possible without all the help and co-operation I received from the Taxi firm Managers.

I know some of you were late, but the traffic was very heavy, and some of the addresses very difficult to find for drivers who don't know the area, but I do think we must thank them and their Managers for the grand job they did. If anyone was left behind, it was probably my fault - so do let me know so that I can work out a better system for next year - in the meantime I'll get my Chairman to rap my knuckles!!!

It was good to have Elia Kefala speaking about how the scheme works in Haringey - many thanks to him for coming such a long way to talk to us.

Mick Veale and the Managers circulated very freely during the social time of the evening to answer your particular questions. I should like feedback as to whether you were satisfied with the replies. Martin Bould, Fieldworker for F.O.L.D.A.R. gave us a chat on the benefits of a 'Dial a Ride' service, after which we passed a resolution to 'investigate the possibility of starting a 'Dial a Ride' service in Southwark'. Names of interested people for the working party to Sheila Waters please.

We saw two films -

"Taxi of the Future" - the C.R.6.
"I came by Bus" - Dial-A-Ride.

The general comments I've heard since - you enjoyed them - you found them interesting - good.

We agreed the Adoption of our Constitution, with an amendment from a member, Mr. Childs, that "Other interested people could become Associate members by payment of £1." By the end of the evening, we had 3 Associate members. Ask your spouses, escorts, friends etc. to join us. There is strength in numbers.

You chose to re-elect your existing Honorary Officers and Committee, plus 3 new Committee members to make up our quota of 6. I thank old and new members for standing and promise you some work in the year ahead.

Your Executive Officers and Committee for the year November 1983-1984 are -

Mrs. Josie Reilly	Chairman
Miss Joyce Richards	Vice Chairman
Mrs. Sheila Waters	Secretary and Treasurer.

cont...

Miss Margaret McNally — Assistant Secretary
Mr. Jim Whitley
Mr. Jim Sutherland
Mrs. Jones
Mrs. Passfield
Mrs. Nora Foley
Mrs. Wendy Oddy

We now have 52 paid up members - but we need and want more - if you've lost your subscription form, don't worry - just send your £1 with your name and address to me, or give it to me in Room 48, Aylesbury Day Centre on a Friday afternoon.

I shall be away from December 17th to January 14th, but don't worry if you have a query. Margaret McNally will be in Room 48 on Thursday afternoons during that time. She is very willing to help you.

Your Officers and Committee donated all the wine, food and raffle prizes for the evening - a personal thank you to each of them. The wine and food was enjoyed by all and the raffle made £37 - all profit.

Finally, my personal thanks to all who helped on 'the night', not forgetting Mary Marshall who never lets us down.

Josie and I agree it was lovely seeing all your faces before us (about 100 I think). It can be very lonely 'up front' if you can't see many people. All in all, we think YOU made it a success.

THANK YOU ALL FOR COMING.

Sheila Waters.

S D A News

We hope all of you that came along to our Annual General Meeting enjoyed the evening and found it interesting.
Congratulations to those who took part in the Bowls Competition in Lambeth - Colin White, Roger Brooksby, David Connorton and Susan Fido, particularly to Colin White for gaining a Gold Medal and David Connorton for a Bronze Medal.

Our Newsletter will be produced every 2 months in the future, and subscriptions are due on 1st January - £4. for groups and £1. for individuals.

The Southwark Crossroads Care Attendants Scheme Annual General Meeting passed a resolution that when funds become available, families with a mentally handicapped member will be eligible.

More News in the New Year - Meanwhile, we wish you all a very Happy Christmas and hope to hear from you in the New Year with lots of news and views.

Mary Karen Denise

NEW BENEFIT RATES AS FROM NOVEMBER 1983

	Old Rate	New Rate
Invalidity Pension		
Man or woman	£31. 45	£32. 60
Man and wife	£50. 30	£52. 15
Each child	£7. 95	£7. 60
Invalidity Allowance		
Payable with invalidity pension when incapacity began before age		
40	£6. 90	£7. 15
50	£4. 40	£4. 60
60 (men) 55 (women)	£2. 20	£2. 30
Disablement Benefit		
Man or Woman 100% disablement	£53. 60	£55. 60
" 90	£48. 24	£50. 04
" 80	£42. 88	£44. 48
". 70	£37. 52	£38. 92
" 60	£32. 16	£33. 36
" 50	£26. 80	£27. 80
" 40	£21. 44	£22. 24
" 30	£16. 08	£16. 68
" 20	£10. 72	£11. 12
Constant Attendance Allowance		
Part time	£10. 75	£11. 15
Normal maximum	£21. 50	£22. 30
Intermediate	£32. 25	£33. 45
Exceptional Cases	£43. 00	£44. 60
Attendance Allowance		
Higher Rate	£26. 25	£27. 20
Lower Rate	£17. 50	£18. 15
Non Contributory Invalidity Pension		
Man or woman without dependants	£19. 70	£20. 45
Adult dependant	£11. 80	£12. 25
Each child	£7. 95 +	£7. 60 =

+ If one-parent benefit is in payment, deduct £3. 65 in respect of the first child.
= If one-parent benefit is in payment, deduct £4. 05 in respect of the first child.

Sickness Benefit		
Man or woman	£25. 00	£25. 95
Man and wife	£40. 45	£41. 95
Each child	30	15

cont. . . . .

	Old Rate	New Rate
Unemployment Benefit		
Man or woman	£25. 00	£27. 05
Man and wife	£40. 45	£43. 75
Each child	30	15
Supplementary Benefit		
Basic Scale.		
Married Couple	£41. 10	£43. 50
Single Householder	£25. 70	£26. 80
Non-Householder (18+)	£20. 55	£21. 45
16 - 17 years	£15. 80	£16. 50
11 - 15 years	£13. 15	£13. 70
under 11 years	£8. 75	£9. 15
Long Term Scale		
Married Couple	£52. 30	£54. 35
Single Householder	£32. 70	£34. 10
Non Householder (18+)	£26. 15	£27. 25
16 - 17 years	£20. 05	£20. 90
Child Benefit		
Each child	£5. 35	£6. 50
Dietry Supplement		
Lower Rate	-	£1. 45
Higher Rate	-	£3. 35
Heating Allowance		
Lower Rate	-	£2. 05
Higher Rate	-	£5. 05
Central Heating Allowance		
Lower Rate (1 - 4 rooms)	-	£2. 05
Higher Rate (5 + rooms)	-	£4. 10
Age Related Heating Allowance.	-	£2. 05
Disabled Persons Heating Allowance	-	£5. 05
Age Allowance		
Each person over 80	-	25
Blind Allowance		
Each blind person 16+	-	£1. 25

Membership Form

If you would like to become a member of SOUTHWARK DISABLEMENT ASSOCIATION and receive our newsletter regularly, please send £1.00 annual membership fee for individuals, and £4.00 membership fee for organisations, clubs or groups.

If you pay the £4.00 organisation fee, you can receive enough copies for each of your members. Let us know how many you need (see bottom of form)

Please tear off along dotted lines and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Telephone 701-1391.

Name
Address
Tel. no.
Organisation (if applicable)

Number of copies required if an organisation.....

I enclose £1.00)
I enclose £4.00) Please delete as appropriate

Signed.....Date.....

MEMBERSHIP IS RENEWABLE IN JANUARY OF EACH YEAR.

S.D.A. SOUTHWARK DISABLEMENT ASSOCIATION

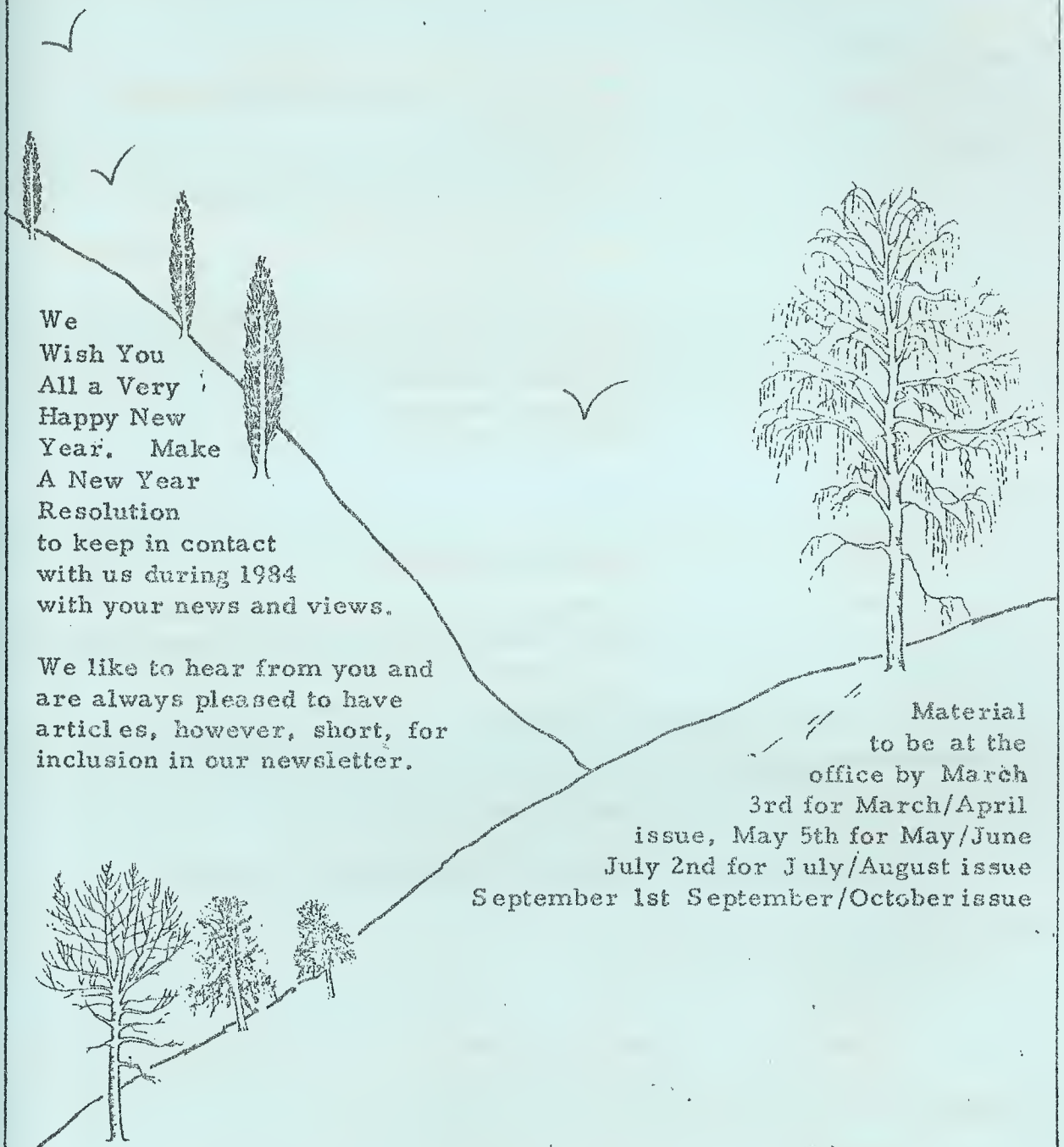
President: The Worshipful The Mayor of Southwark

Chairman: Mrs. R. Brooksby

27

General Secretary: Miss Mary Marshall

January/February 1984



We Wish You All a Very Happy New Year. Make A New Year Resolution to keep in contact with us during 1984 with your news and views.

We like to hear from you and are always pleased to have articles, however, short, for inclusion in our newsletter.

Material to be at the office by March 3rd for March/April issue, May 5th for May/June July 2nd for July/August issue September 1st September/October issue

DON'T FORGET THE NEWSLETTER IS NOW ISSUED TWO-MONTHLY

Room 48, Aylesbury Day Centre, Bradenham, Boyson Road, SE17 2BA

Telephone: 01-701 1391

SOUTHWARK DISABLEMENT ASSOCIATION EXECUTIVE COMMITTEE MEMBERS 1983/84, AS ELECTED AT THE ANNUAL GENERAL MEETING IN OCTOBER.

Chairman

Mrs. R. Brooksby	The Spastics Society, South London Group.

Vice-Chairman

Mrs. J. Reilly	Peckham Guild of Friendship

Treasurer

Mr. Stephen Thoms	Southwark Club for the Disabled (Sports & Leisure)

Committee

Mr. Pearson	Southwark Talking Newspaper
Mr. Chris Lloyd	Southwark Institute of Adult Education
Miss K. Ellis	Age Concern
Mrs. Rylatt	W. R. V. S.
Mrs. A. Wallis	Southwark Council for Voluntary Services Volunteers Bureau
Miss P. Sheere	Saturday Club for the Mentally & Physically Handicapped.
Mr. B. Watts	Southwark Sports Advisory Council
Miss M. Reardon	Aylesbury Day Centre
Mr. Taylor	Individual Member
Mrs. S. Waters	Individual Member
Miss M. McNally	Individual Member

Co-opted Members

Cllr. Pam Cooper	
Mr. Carol Keeling	Southwark MENCAP
Cllr. Ron Terrett	Southwark Social Services Committee
Miss J. Webb	Social Services Dept. representing Director of Social Services
Dr. S. Davidson	representing District Medical Officer.

Southwark Disablement Staff

Miss Mary Marshall	General Secretary
Miss Karen Newbury	Advice & Resource Worker
Mrs. Denise Croker	Part-time Administrative Secretary

Opening Times

Southwark Disablement Office - Tel. 701-1391

Mondays	1.30 - 3.30 p.m.
Wednesdays	10.00 - 12 noon and 6.30 - 8.30 p.m.
Fridays	1.30 - 3.30 p.m.

Peckham Citizens Advice Bureau - Tel. 639-4471/2

Thursdays	1.00 - 3.00 p.m.

Please only use this number at the time stated.
At any other times please ring S.D.A.'s number.

Both places are fully accessible and have wheelchair access toilets.

GOOD NEWS FOR ALL POWER DRIVEN WHEELCHAIR USERS

After having had at least two punctures on my Meyra Power wheelchair, and trying one or two garages in this area with no success - most garages just hadn't the time or didn't want to know, I decided to get in touch with the S. D. A. With a lot of hard work by S. D. A. and discussion with me, we have at last found a bicycle shop at the Elephant & Castle who are willing to give a service to people in power driven wheelchairs, in difficulties with PUNCTURES ONLY!

Now - we don't want to abuse their good will, so these are the terms we have settled for, and we hope that all users of this service will abide by them.

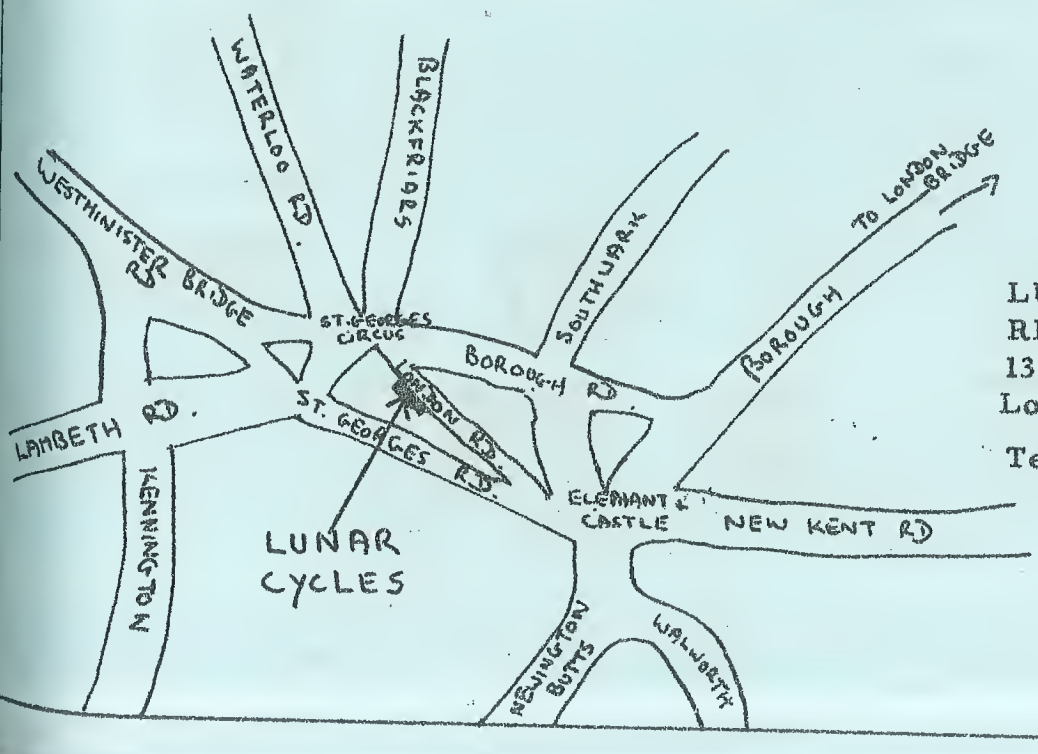
As you can see by the poster, the shop is situated in the Elephant & Castle area. They are open on Tuesdays - Saturdays, 10.00 - 6.00p.m. They can provide a call out service, but only in an emergency. Also, if you are within the Elephant & Castle area, they would prefer you to call at the shop as they are short staffed. They do make a call out charge which you will have to negotiate with them, according to the distance it is to get to you. As yet, the shop does not come out on Saturdays unless it is a real emergency. If you can possibly get yourself home do so, and 'phone the shop and arrange with them to call and see to your chair. Don't expect the call out service to get to you within the hour.

As well as punctures, the shop will tighten up spokes and straighten buckled wheels. If these are needed, they would prefer that you went to the shop. Basic rate of repair at the shop is approximately £2.00 for a puncture without a new tube. If you have a standard size wheel on your chair, the shop have their own tools and inner tubes, but you will have to pay for a new tube if needed. However, all Meyra power driven chair owners - you must carry your own tools and inner tubes.

The call out service is only for the borough of Southwark - north side - that's from the Elephant & Castle to Camberwell Green and Peckham Rye.

Please do let the S. D. A. know how this service goes and how it could be improved on.

from - Rachel Roney.



LUNAR CYCLES
REPAIR CO-OP.
13, London Rd.,
London S. E. 1.

Tel. 261-0602.

NEW BOOKS

One little book that has come into the office which is excellent, is "London Made Easy" - published by the London Tourist Board, price 60p. including postate.

Although it is aimed at the over 60's, it is full of information about places to visit in London, and tells you if you have a disability, whether there is access, loop systems for the deaf, facilities for the blind, and those who are not so disabled.

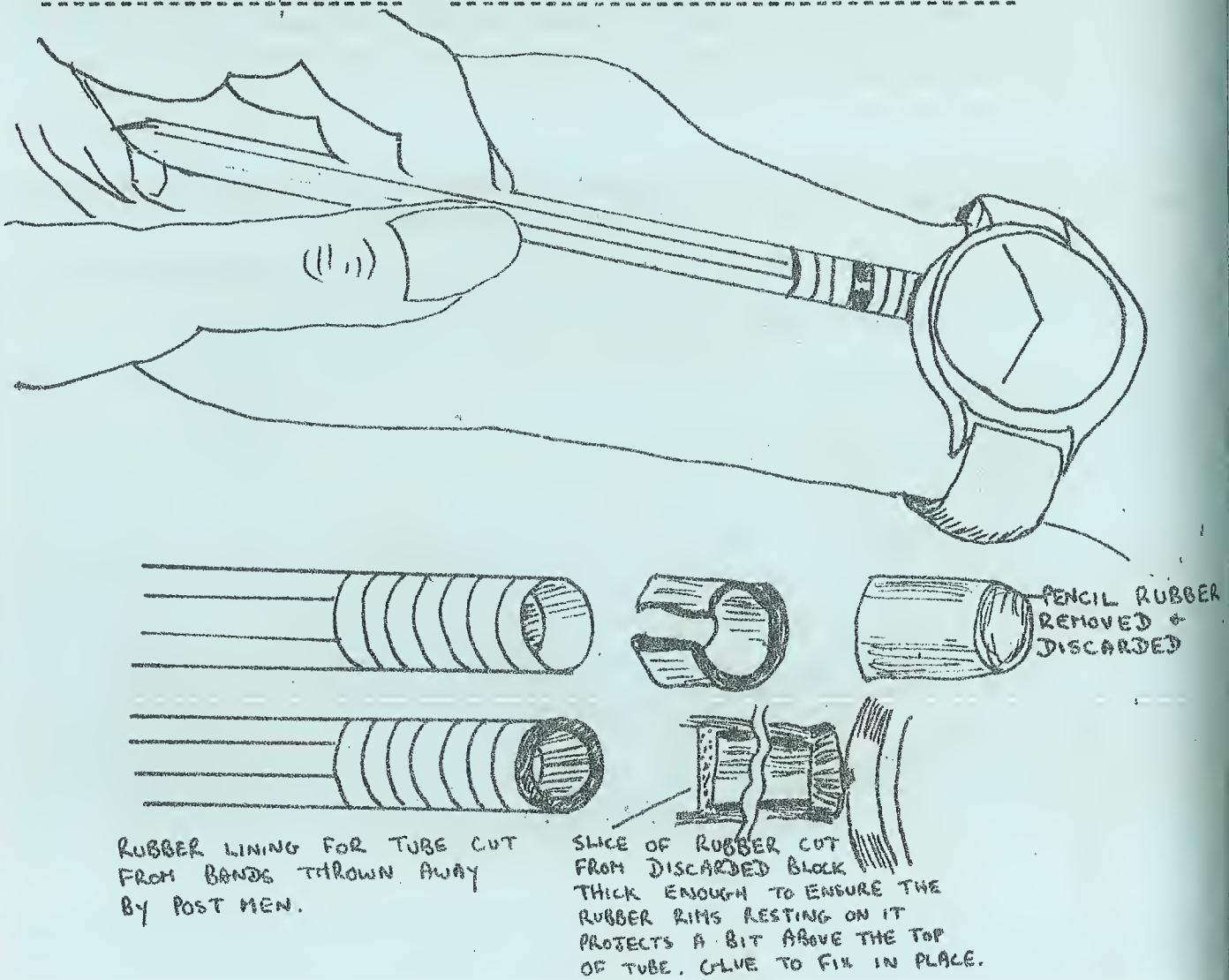
There are some amazing places you can go - for example - The Stock Exchange and the Royal Courts of Justice.

We have a few copies of the booklet in the office, but further copies can be obtained from The London Tourist Board, 26, Grosvenor Gardens, London SW1 ODU, Tel. 730-3488.

KEEP FIT SESSIONS FOR DISABLED PEOPLE

These are being held at the Central Institute, Stanhope Place, W.1. between 2.30 and 4.30 p.m. on Mondays, co-ordinated by a man called Jon McGrath. Himself paralysed in 1959, he regained his mobility through exercising. There are plenty of places left at these classes, and Jon McGrath would welcome any new students. Contact him on 486-9415 if you are interested.

WATCH-WINDER PENCIL - our thanks to Mr. Copeland for this idea.



LONDON BOROUGH
OF SOUTHWARK
SOUTHWARK
COLLECTION

SHOCK

This condition can accompany most forms of illness or injury and can vary from faintness to complete collapse.

SIGNS AND SYMPTOMS

Patient will feel weak, faint and giddy and be anxious and restless.

He may feel sick and vomit, and feel thirsty.

Skin becomes pale, cold and clammy and sweating may occur.

Breathing can be shallow and rapid.

Pulse rate increases becoming weaker and irregular.

Unconsciousness may develop.

TREATMENT

Send for medical aid.

1. Reassure and comfort patient.
2. If possible, lay the patient on his back on a blanket. Keep the head low and turned to one side to lessen the dangers of vomiting. Raise legs unless you suspect leg fractures.
3. Keep casualty warm. Cover with blanket. DO NOT use a hot water bottle or overheat.
4. Loosen tight clothing.
5. Find out, and if possible, treat the cause of the shock.
6. DO NOT give anything to eat, drink or smoke. If the casualty complains of thirst, moisten his lips.
7. Check breathing and pulse at 10 minute intervals.
8. If breathing becomes difficult or if vomiting seems likely or if patient becomes unconscious, place in Recovery position.
9. If breathing and heartbeat stop, begin Resuscitation immediately. DO NOT MOVE PATIENT UNNECESSARILY.

1984 EDITION OF "HOLIDAYS FOR THE PHYSICALLY HANDICAPPED"

The latest edition of this guide will be available from early January 1984. It covers a wide range of holiday opportunities, and includes information on accessible accommodation, activity holidays and travel abroad.

Advice is also given on such matters as insurance, medical treatment abroad, and travel arrangements. Published by RADAR, 25, Mortimer St., London W1N 8AB. Price £1.50 (post free). Also available from branches of W.H. Smith Bookshops.

ACCESS GUIDE TO LEEDS AND DISTRICT

A new Access Guide to the Leeds area has been prepared by the Leeds Access Committee covering both the City Centre and the outer parts of the Metropolitan District. The Guide also includes the information on places in the rest of Yorkshire published separately by Yorkshire Association for the Disabled. Copies of 'Leeds and District Guide for the Disabled' are available price £1.00 from the Aids and Information Centre, St. Mary's Hospital, Leeds Council for Voluntary Service and the Tourist Information Bureau. It will also be available by post from RADAR, price £1.30 (including postage and packing)

ACCESS GUIDE FOR GREENWICH

The Greenwich Association of the Disabled has published a new Access Guide to Greenwich which was researched by members of their access sub-committee. Free copies are available from G.A.D., St. Mary's Church, Greenlaw St., Woolwich and will be available from RADAR on receipt of a stamped addressed envelope.

MOTOR SPORT ENTHUSIASTS

Any motor sport enthusiasts, disabled or able-bodied, who are interested in starting up a club or association for motor sport for disabled people, please contact Ronald Cottrell, 87, Cedar Rd., Strood, Rochester, Kent, ME2 2JN. Tel. (0634) 78601. Ideas and suggestions are very welcome.

NEW TRANSPORT SERVICE FOR DISABLED PEOPLE

In 1981 William Forrester became the first guide in a wheelchair to be registered with the London Tourist Board. Since then, he has qualified as a City of London Guide, a Cumbria Guide and a Round Britain Tour Escort.

Mr. Forrester now provides a new service; sightseeing tours in a fully adapted Ford Transit. The van has good visibility for wheelchair passengers and floor fastenings for their wheelchairs. The vehicle can take 2 wheelchairs and 2 able-bodied companions. 1983 rates are £120 for a day in London and £140 outside London.

For further details, contact William Forrester, 1 Belvedere Close, off Manor Rd., Guildford, Surrey, GU2 6NP. Tel. 0483-575401.

TAPE GUIDE FOR BLIND VISITORS TO THE MUSEUM OF LONDON

Individual blind visitors to the Museum of London, London Wall, London EC2, Tel. 600-3699, can now be provided with a tape guide giving information about more than 20 objects that they can touch. Blind and partially sighted parties are also welcome, but should book in advance with the Education Department at the museum. Further details are available from Pamela Newson, Tel. 600-3699, ext 280/240. The opening hours of the Museum are Tuesday - Saturday 10.00 - 6.00 p.m. and Sunday, 2.00 p.m. - 6.00 p.m. but it is closed every Monday.

WAR PENSIONERS MOBILITY SUPPLEMENT

The War Pensioners' Mobility Supplement was introduced on 21st November 1983. It will be paid at a rate of £21.15 to war pensioners unable to walk or for whom walking is difficult or requires an excessive degree of effort. Recipients of the supplement will be able to make use of similar arrangements to recipients of Mobility Allowance under which the benefit can be paid direct to Motability in return for the lease or purchase of a car. Motability is a voluntary organisation, established in 1977 to administer this scheme.

Sports News

ARCHERY is now taking place at the Flaxman Sports Centre on a Tuesday evening. Some transport is available.

SWIMMING SESSIONS at Rotherhithe Baths on a Saturday afternoon continue, and there is some transport available. There is to be a Gala on 4th February.

SPORTS AND LEISURE CLUB on Friday evenings at Goodrich Rd., S.E.22. in the Southwark Institute building - has a little room on transport, but anyone able to make their own way is very welcome.

BRITISH SPORTS ASSOCIATION FOR THE DISABLED, South East London Branch serves the London Boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark. Some of our disabled sports people have entered competitions organised by them.

Their Annual General Meeting is to be held in West Greenwich House, 141, Greenwich High Rd. S.E.10. on Wednesday, 28th March at 7.30 p.m. Nominations for officers and Committee members and anything you want raised at the meeting have to be sent to Mr. Duhig, 2, Rutherglen Rd., SE2 OXU, Tel. 311-5545 by 29th February, 1984. They are looking for people to help on the committee as committee members and as Secretary or Treasurer, or Membership Co-ordinator etc.

Try and go to the Annual General Meeting and take an active part in the running of sports activities in this part of London. Individual membership costs 25p. per year, or £1.50 if you want regular items sent by post. Forms are available from the S.D.A. office.

PECKHAM GUILD OF FRIENDSHIP FOR THE DISABLED

The above Social Club for physically handicapped men and women is looking for a new leader. The present leader is leaving the club after running it for 12 years for health and personal reasons.

The club has a membership of 50, with an average weekly attendance of 30 - 40 and is held on Wednesday evenings at the Aylesbury Day Centre, Boyson Rd., S.E.17.

The person we are looking for will have an understanding of the physical and emotional needs of the handicapped, good organising ability, patience, tact and a sense of humour. It would be preferable to have a telephone.

If you think you would be interested in undertaking this voluntary task, please contact Mrs. Olive Tuck on 701-8686 - evenings only please.

Wanted !

Keeping Warm in Winter

By not keeping warm in winter, you could suffer from Hypothermia - the medical term for when you get so cold you don't realise your body temperature has dropped to a dangerous level, which can result in death. This can happen very easily if you are elderly, or have a disability, and can't move around easily.

Here are a few tips to help prevent you getting hypothermia.

Keep yourself as warm as possible - ideally your main living room should be kept to 65 degrees fahrenheit as the minimum.

Make sure that all your fires or radiators are working properly, and if you use an electric blanket, have it checked.

Wear a woolly hat - even indoors - most of your body heat is lost through the top of your head.

If you do get extremely cold and you feel you are on the verge of hypothermia - you'll also feel sleepy - don't try to warm yourself up too quickly. Don't use a hot water bottle or sit in front of the fire or close to the radiator. Warm up slowly by wrapping up in blankets and sipping a warm drink. As a precaution, ring your doctor and ask him to call.

BENEFIT OF THE MONTH

heating

Many of you will be worried about meeting your heating bills this winter. Many old people for instance do not claim supplementary benefit to which they are entitled. If you are on supplementary benefit and receiving Mobility Allowance or Attendance Allowance (or your husband or wife is), then you will receive £5.05 for heating automatically.

An addition of £2.05 is paid to claimants or spouse aged 70+ and over. An addition of £2.05 is paid if the claimant or partner needs extra warmth because of ill health or if mobility is restricted for physical reasons. £5.05 is paid if you suffer from a serious physical illness or are housebound or bedbound.

If you are a householder with a home difficult to heat - e.g. damp or big rooms, an addition of £2.05 is paid, or £5.05 if it is exceptionally difficult to heat.

Some housing estates are recognised as having an expensive central heating system, and extra money can be claimed, depending on the number of rooms, also if you have central heating, you are entitled to an additional payment based on the number of rooms with central heating.

Please note you will only receive a maximum of £5.05 per week extra for heating. Where you qualify under more than one criteria, the highest addition available will be paid up to £5.05.

cont. ...

If you are on supplementary benefit you can often prevent disconnection or get reconnected by arranging 'fuel direct' payments, providing you meet certain conditions. Also there is a range of single payments that can be made under certain circumstances.

OTHER WAYS OF PAYING YOUR BILLS ARE -

1. Regular budget payments to cover consumption costs.
2. Fuel stamps bought from local showrooms.
3. Slot meters can be installed provided it is safe and practical to do so.
4. Flexible payments. Most fuel boards are prepared to make an arrangement for customers to pay what they like when they like towards the next bill.

Landlords. If you pay your landlord for gas and electricity through a slot meter, check you are not being overcharged. If disconnection is threatened because the landlord has not paid the bill, you should be able to get help from the Housing Dept. or Environmental Health Dept.

Fuel Disconnection. As soon as you know you cannot pay the bill, you should contact the fuel board IMMEDIATELY, and come to some arrangement with them regarding payment - perhaps using one of the methods described above. Disconnection can be delayed if you are elderly, disabled or sick if you inform the fuel board you are contacting the D.H.S.S. or Social Services for help.

WAYS OF REDUCING BILLS

Insulation of the loft and insulating the hot water tank. Help can be obtained for this - in some cases from the Council.

Stopping draughts with metal, plastic or foam strips.

If you are in receipt of supplementary benefit, you might be able to get help with draught proofing remedies through a single payment.

ADVICE can be sought from local gas and electricity boards on how best to use appliances and improve the effectiveness of your heating system. Boards can also offer free safety checks for elderly people living alone and some electricity boards offer free visual wiring checks for elderly or disabled people.

DON'T FORGET, WE HAVE LOTS OF LEAFLETS IN THE OFFICE AND INFORMATION ABOUT A WHOLE RANGE OF TOPICS.

DO CONSULT US ON ANY PROBLEM WE MAY BE ABLE TO HELP YOU WITH.

leaflets & information

SDA News

G.L.C. BENEFITS CAMPAIGN.

Do any of you live in either Browning or Liddle Wards? Did you get a leaflet through the door from the G.L.C. asking you to fill in a postcard and send it off? If so, have you heard from the D.H.S.S. yet - we would be interested to know. We are unable to say how successful the campaign was, but we will keep you posted.

S.D.A. helped in the campaign - our leaflets were on the buses and we were listed on the leaflet as being willing to give help and advice.

THE CHRONIC SICK AND DISABLED PERSONS AMENDMENTS BILL 1983

Some of you wrote to your M.P.'s and some went to the Houses of Parliament for the lobby on November 18th, but still the bill fell by 210 votes to 164. Thank you for your efforts, and of course, many others from all over the country went to the House on that day. We met Harriet Harman and Simon Hughes, both local M.P.'s in Southwark, Neil Kinnock, Jack Ashley and Rosalie Wilkins from the T.V. Link Programme. We were all very disappointed at the outcome.

On the Monday after, a delegation of 9 people (one of whom was Karen), together with Robert Wareing and Alf Morris, went to 10, Downing St. to present a letter to Mrs. Thatcher, urging her Government to see that people with disabilities are not forgotten. The House of Lords have taken the matter up.

It is important that we continue our efforts to get this Bill through Parliament so that disabled people have legal rights as to discriminatory practices.

If you hear of or are on the receiving end of discrimination, please let us know, as Tony Newton, the Minister responsible for disabled people, has said that he wants evidence of discrimination against people with disabilities.

INDEPENDENT LIVING SCHEMES

As you know, this was the theme of our Annual General Meeting and there has been one small meeting. There is to be another preliminary meeting on the 23rd January to discuss what sort of project or projects we should be looking at and trying to initiate in Southwark. More news later.

POST OFFICE ACCESS

We asked in the last newsletter for information about problems you have in getting in and out of your post office. We do need this information so please write or 'phone us with details of the post office and the difficulty you experience.

WORLD IN ACTION

World in Action recently did a programme about Invalidity Benefit and the problems some people have in getting it. In fact, it's estimated that some 80,000 people do not receive it who could do so. Are you one of those 80,000?. If so, please let us know.

cont...

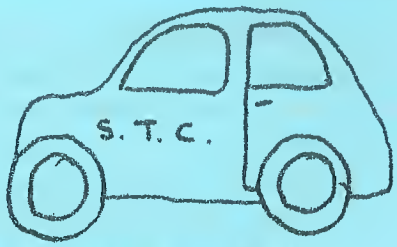
Dial A Ride

At the Southwark Taxi Pass Users Association Annual General Meeting, the general agreement of those present was to look into the possibility of starting a Dial-a-Ride in Southwark.

Dial-a-Ride is, for those who did not attend the meeting, a door to door transport service for people with disabilities who cannot use public transport.

Obviously, the Black Cab pass has meant that quite a few people are able to get out who previously were unable to, but we feel there are still many people unable to get out because there is not a transport service suitable for their needs.

S.D.A. wants to form a steering group with a view to starting a Dial-a-Ride scheme in Southwark, but we need YOUR help. Can we therefore ask you to send us back the form attached, giving us answers to the questions we have asked.



SOUTHWARK TAXI CARD HOLDERS ASSOCIATION

Since our Annual General Meeting in November, we have had a change of Committee responsibilities, so these are your officers and Committee until the next Annual General Meeting.

Chairman: Mrs. J. Reilly, 46, Bradenham, Aylesbury Est., S.E.17.

Secretary: Miss M. McNally, 45, Wentworth Crescent, Furley Rd., S.E.15.

Vice Chairman: Mr. J. Sutherland, 44, Kirby Est., Southwark Park Rd., S.E.16.

Treasurer: Miss J. Richards, 34, Heaton House, Heaton Rd., S.E.15.

Asst. Secretary: Mr. J. Whitley, 56, Bradenham, Aylesbury Estate, S.E.17.

Membership Secretary: Mrs. M.K. Oddy, 144, Kimberley Ave., Nunhead, S.E.15.

Asst. Membership Secretary: Mrs. N. Foley, 151, Wendover, Aylesbury Estate, S.E.17.

Rep. to FOLDAR and other orgs. Mrs. V.E. Passfield, 22, Clifton Way, Asylum Rd., S.E.15.

Committee Member: Mrs. Jones, 75b, Burbage Rd., S.E.24.

Ex-officio Member: Miss Mary Marshall, General Secretary, Southwark Disablement Association.

As you know, there are 200 of us with a taxi pass, and so far, only a quarter have paid their membership to our Association. If you want us to work on your

cont...

behalf to improve the taxi service and to fight for its continuance and expansion, we must have funds to cover the cost of postage and telephone calls, so please, if you haven't already - send in your £1.00 to the Membership Secretary, Mrs. Wendy Oddy, 144, Kimberley Ave., S.E.15. or bring it to the Aylesbury Day Centre for her if you are a member of the Centre.

Don't forget too, that at the Annual General Meeting, it was agreed that other interested people - friends and relatives for instance - could become Associate Members for £1.00 subscription.

There are now 4 other boroughs with a Taxi Pass Scheme and we hope to be able to have contact with them.

We support the Southwark Disablement Association's working party to set up a Dial-a-Ride scheme because we know there are many people with disabilities unable to use a black cab.

Complaints

If you have a problem with the taxi service - if the taxi fails to turn up, there is a long delay etc. - PLEASE fill in your form and send it to the G.L.C. This is very important if we want to get things changed for the better. If you need help with your form or want to speak to someone about the scheme, members of the Committee are available in the S.D.A. office, Tel. 701-1391, Mondays - Fridays from 10 - 4 p.m. or correspondence can be sent to Southwark Taxi Card Holders Assoc., c/o Room 48, Aylesbury Day Centre, Boyson Rd., S.E.17.

Lobby at the Houses of Parliament Against the Transport Bill.

On Tuesday, 17th January, the Taxi Card Holders Association Committee went to lobby their respective M.P.'s at the House of Commons. We got there at 2 p.m. and after some delay, we were allowed to enter. Things were pretty hectic, and we thought we would never get to speak to any of our M.P.'s. However, we did manage to speak to Simon Hughes, Liberal M.P. for Bermondsey/Southwark, and he told us he was speaking to Mrs. Thatcher at 2.30 and we all wished him luck. He also said the best thing we could do was to keep writing to our M.P.'s, stressing how important our taxi passes were to us and Dial-a-Ride.

We also spoke to Harriet Harman, Labour M.P. for Peckham. She said she was very pleased to see lots of people from different organisations, i.e. disabled and pensioners, there to lobby their M.P.'s.

We then went to the Grand Committee Room to hear several speakers put forward arguments in favour of the G.L.C. Mr. Jack Jones put up a very good case for the G.L.C. He said if the Conservatives disbanded the G.L.C., the people who would suffer most would be the disabled and pensioners. He also said it was up to everyone to write to their M.P.'s stating how important taxi passes and Dial-a-Ride schemes are to the disabled, and bus passes to pensioners.

Our local M.P.s. are - Southwark/Bermondsey, Simon Hughes, Peckham, Harriet Harman, and Dulwich, Gerry Bowden. PLEASE, PLEASE write to them at the House of Commons, Westminster, London S.W.1.

IT IS UP TO YOU.

DIAL A RIDE

NAME

ADDRESS

TELEPHONE NO:

I use a wheelchair YES/NO (cross out either YES or NO)

I think there should be a DIAL-A-RIDE in Southwark YES/NO

I would be prepared to help set up a DIAL-A-RIDE scheme by joining a working party YES/NO

I would use DIAL-A-RIDE -

Weekly.....

More Often.....

For local journeys.....

Other journeys within the London area.....

Please tick answers.

PLEASE COMPLETE THIS FORM AND RETURN IT TO THE S.D.A. OFFICE, ROOM 48, AYLESBURY DAY CENTRE, BOYSON RD., LONDON S.E.17.

TELEPHONE NO. 701-1391

WE DO NEED THE INFORMATION, SO PLEASE SEND IT TO US.

Membership Form

If you would like to become a member of SOUTHWARK DISABLEMENT ASSOCIATION and receive our newsletter regularly, please send £1.00 annual membership fee for individuals, and £4.00 membership fee for organ isations, clubs or groups.

If you pay the £4.00 organisation fee, you can receive enough copies for each of your members. Let us know how many you need (see bottom of form)

Please tear off along dotted lines and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Telephone 701-1391.

Name
Address
Tel. no.
Organisation (if applicable)

Number of copies required if an organisation.....

I enclose £1.00)
I enclose £4.00) Please delete as appropriate

Signed.....Date.....

MEMBERSHIP IS RENEWABLE IN JANUARY OF EACH YEAR.

NEWSLETTER IS PUBLISHED TWO-MONTHLY

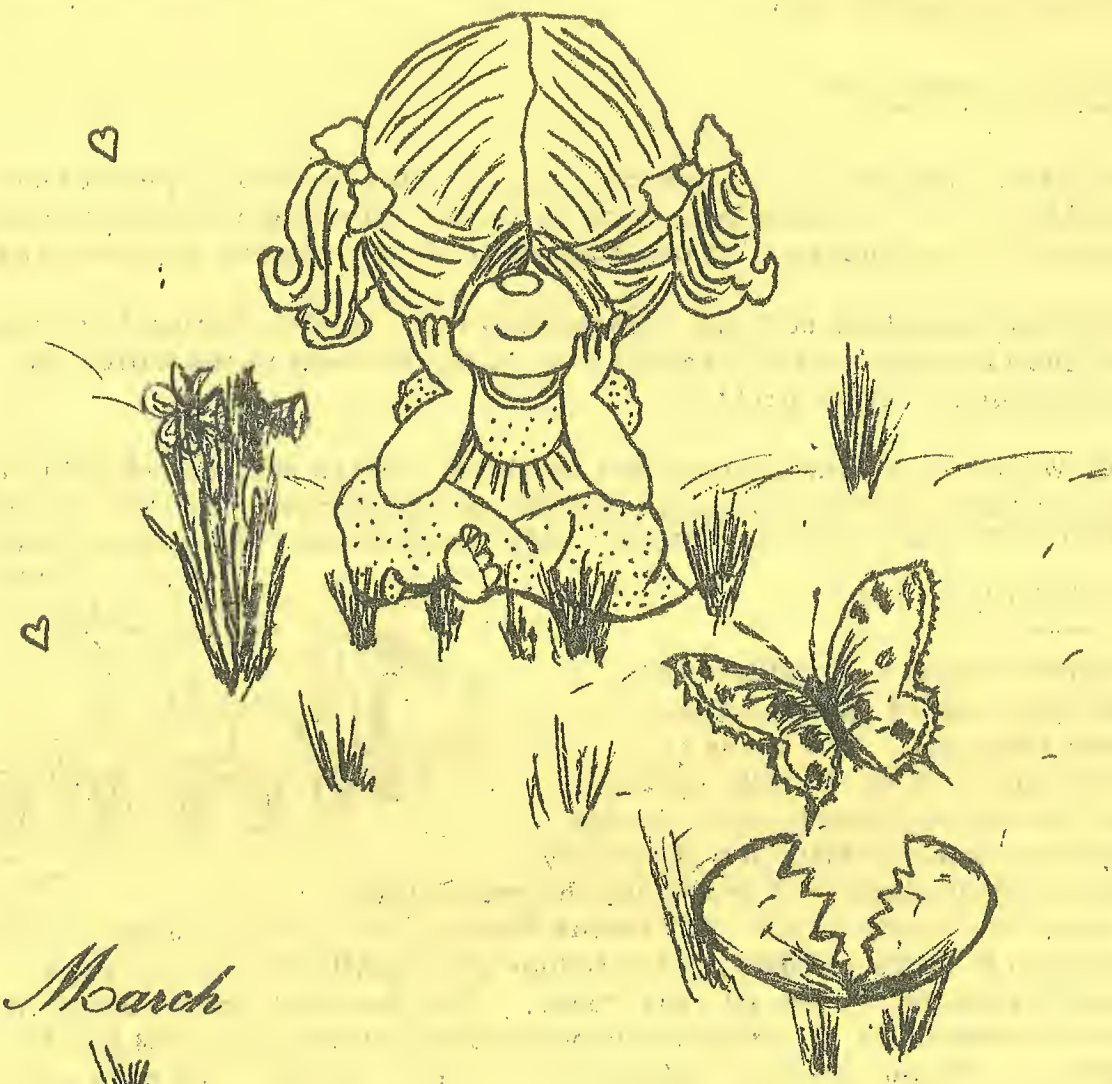
S.D.A. SOUTHWARK DISABLEMENT ASSOCIATION

President: The Worshipful The Mayor of Southwark

Chairman: Mrs. R. Brooksby General Secretary: Miss Mary Marshall

Newsletter

28



March

April

Office and Information Centre: Room 48, Aylesbury Day Centre,

Telephone: 01-701 1391 Bradenham, Boyson Road, SE17 2BA

I.Y.D.P. HOLIDAY FUND

The I.Y.D.P. Holiday Fund was started in 1981 to give some financial assistance towards the cost of helpers for severely disabled people who wish to go on holiday but who are unable to do so without someone to help with their daily needs and are unable to meet the costs themselves.

The fund will not help towards holidays provided by a local authority.

Closing date for applications for Autumn/Winter holidays, i.e. from 1st October to 31st March is 1st July, 1984.

Information and application forms from Miss D. J. Wright, Honorary Secretary, I.Y.D.P. Holiday Fund, "Cottleston", 39, Cranbrook Rd., Thornton Heath, Surrey CR4 8PQ.

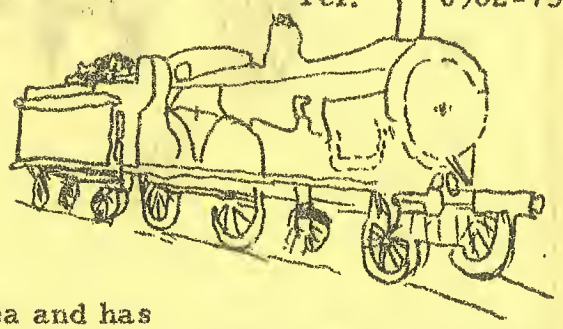
WATERCRESS LINE

The Mid-Hants Railway (Watercress Line), has opened a special coach for the disabled which has been in service since the beginning of the season and has proved a great success. It can hold up to 20 wheelchairs and their assistants.

Additional services such as a disabled toilet at Ropley Station have been provided, and the carriage for the disabled runs in the set next to the buffet, so refreshments are no problem.

The Watercress Line suggest that disabled visitors book ahead of their journey so that their staff are prepared and the special accommodation reserved. More details from the General Manager, Alresford Station, Alresford, Hants., Tel. 0962-73-3810

LOURDES HOUSE



Lourdes House is a holiday home for handicapped children and their families. The house is in Margate, Kent, is fully centrally heated and equipped to cater for the needs of both mentally and physically handicapped people. It overlooks the sea and has access to a sandy beach. All rooms have a T.V. When weather permits children have the garden, or the indoor play facilities on rainy days. Lourdes House is open all year round. The Resident Housemother has considerable experience in caring for handicapped children, and will be able to provide families with an enjoyable holiday by the sea - children will have a fun time, whilst mum and dad can also have a break, making use of the babysitting service that's available.

For further details, please contact - Lourdes House, 22, Royal Esplanade, Westbrook, Margate, Kent. Telephone (0843) 291533.

SOUTHWARK DISABLEMENT ASSOCIATION

NEWS

APOLOGIES - to Miss Joyce Richards who was omitted from our list of Committee members in the last issue of the newsletter.

ANTI-DISCRIMINATION BILL

This Bill is not entirely lost - it has been taken up by the Lords and reaches the Report Stage in the House of Lords on Thursday 22nd March, when it will then go back to the House of Commons. We understand that after amendments suggested by the Lords are accepted by the House of Commons, perhaps this year we shall see that it will be illegal to discriminate against someone who has a mental, physical or sensory disability.

DROPPED KERBS

Your suggestions for dropped kerbs is beginning to take effect. The Southwark Council Works Dept. recently contacted our office asking us to go with them down East St. so that they can make it easier to get along when they start repairing it in April. There will be dropped kerbs at every crossing including entrances to flats and businesses. We have also asked whether it would be possible to have the occasional seat so that the elderly and those with mobility problems can rest while shopping. The dropped kerbs will have a different texture than the rest of the paving so people with visual handicaps will know they are approaching a dropped kerb, and those in wheelchairs will have a better grip when it is wet.

The Works Dept. are hoping to have a look at the excellent crossing at the Houses of Parliament so they can get ideas for future dropped kerbs.

LONDON REGIONAL TRANSPORT BILL

The London Regional Transport Bill will abolish London Transport. Control will go to the London Regional Transport Board whose membership will be appointed by the Secretary of State for Transport.

The worry for people with disabilities is that there is no committment in the Bill about the transport needs of disabled people. The abolition of the G.L.C. will mean that the transport needs of disabled people, access along the streets, parking, public buildings, theatres etc. are under threat.

HANDICAPPED PERSON OF THE YEAR AWARD 1984

We have received application forms for this award in the S.D.A. office. The winner will be chosen by the manner in which he or she copes with their respective disabilities. The nominations have to be received by the Mayor not later than 11th April. The presentation will take place in the Aylesbury Day Centre on 3rd May, 1984.

cont...

SOUTHWARK DISABLEMENT ASSOCIATION NEWS Cont.....

SOUTHWARK DISABLEMENT ASSOCIATION HALF-YEARLY MEETING.

This will be held on 12th April from 7.30 - 9.45 p.m. in the Aylesbury Day Centre. Topics will be the latest news about the proposed Independent Living and Dial-A-Ride Schemes. Cheese and wine will be served.

There is transport available for those disabled people unable to make their own way. Names to S.D.A. office by 6th April, 1984 latest please.

MORE DISABLED SWIMMING

The Optimists Swimming Club held their Gala in January on a Saturday evening in Old St. Baths, London E.C.1.

Four swimmers from Southwark entered, Jimmy Clarke, Susan Fido, Colin White and Roger Brooksby.

CONGRATULATIONS to Susan who came 1st in the 1 length and 2nd in the mixed relay, Colin, who came 1st in the 3 length backstroke and Roger who came 2nd in the mixed relay.

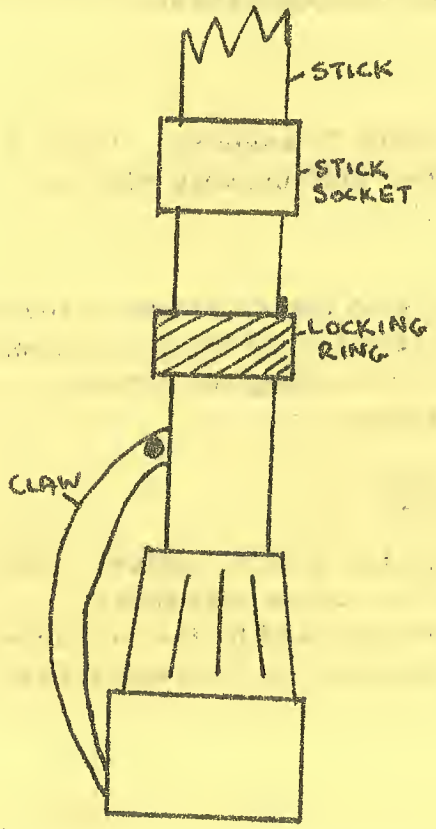
SOUTHWARK TAXI PASS USERS NEWS

Some of our Committee members went to lobby their M.P.s. on the 19th March on behalf of the Southwark Taxi Users. They spoke to Simon Hughes, Harriet Harman and Gerald Bowden regarding the Transport Bill and the G.L.C.

We put in for a one off grant of £200 from the Community Affairs Ctte. and we are pleased to say that we have it. This will go a long way to provide our own typewriter and pay for paper, envelopes, telephone calls etc. Anybody with a taxi pass and has a problem, with taxis, please let us know. There is always somebody in the S.D.A. office to take your call. Tel. 701-1391.

DON'T FORGET TO PAY YOUR £1 SUB.

Josie Reilly,
Chairman.



THE JACKDAW WALKING STICK PICK UP. ATTACHMENT

A very simple and versatile 'pick up'

Available from Radius Engineering and Development Co. Ltd.,
Tollgate Rd.,
Stone,
Dartford, Kent. Tel. 0332-26466/7

CLUB ARTICLE

PENGUINS IN SPORT

This is my first opportunity to write and inform you about one or twp activities that are available to the Southwark Disabled Swimming Club, now known as the SOUTHWARK PENGUINS.

On February 4th, a small but enthusiastic band of Southwark Penguins braved the winter winds to compete in the Greater London Regional Swimming Gala. This was the second year of the Gala for the Disabled. The event, held in the Borough of Southwark at Rotherhithe Baths, drew a large number of competitors from the Greater London area. Haringay was well represented by their team, The Piranhas, also the Barking Beavers displayed their banners wherever possible, just to let you know they were there. Not to be outdone however, our trusty band of Penguins produced their mascots (penguin shaped of course), for everyone to see and admire. Grateful thanks to Mrs. Sally Creswick and Mrs. Ruby Brooksby for their penguin mascots.

The medals and trophies were on display, and many eager eyes were already coveting them as they lay on show. The teams competed and the individuals concerned set such a high standard in swimming that the medals were well and truly fought for. It pleases me to say that members of the Southwark Penguins took a share of the medals, and although we were a small group, we produced a quality performance. Next year, I hope that more members will enter AND compete so that the Club will achieve many more awards.

For those members who are ambitious enough to try for the NATIONAL TEAM SELECTION, I'll be glad to assist as much as possible to reach the qualifying scores. (If you need any extra assistance - ask). There are rules and regulations which must be understood and adhered to. These rules I will make known to you.

There are Open Swimming Galas this year that I would like to enter individuals/teams of Southwark Penguins for if there is interest. I need your support in two ways -

1. You must let me know whether you are interested, and would like to be considered for the events specified.

2. I need to know your disability class, the style of swimming stroke you prefer, i.e. backstroke, freestyle, breaststroke etc.

A different topic now - how about rifle/pistol shooting? Anyone interested? I propose to try and put together teams for both types of shooting, contact me if you would like to have a try. Competitions dates for two shooting events are May 19th and June 30th.

cont..

CLUB ARTICLE cont....

Looking to the future, it would be rather nice to hold an internal club swimming gala with awards, challenge trophies, to find a Club Champion, Aggregate Champion, Ladies Champion etc. At the moment, the number of members are on the small side, but I hope to swell the membership this summer. When I manage this, I will start to put something together along those lines.

Dates to Remember

March 28th. Wednesday Time 7.30 p.m. at West Greenwich House, 141, Greenwich High Rd., London S.E.10.

There is an Annual General Meeting of the British Sports Association for the Disabled, South East Branch. I am organising a small group of Southwark Penguin members plus myself to attend the meeting that evening. This is open to anyone who wants to go. Transport will be arranged for the people who wish to attend, and I hope that you will be there too. Would you please let me know as soon as possible if you would like to come so that I can arrange the transport for you. If there is anything that you want discussed at the meeting put your statements in writing, and I will endeavour to see that it is discussed. Our club can only grow and prosper if everyone takes an interest in it.

Eastertime. Is anyone doing anything special around then? If not, how about getting a small party of Penguins and friends and going to the theatre. I can arrange the theatre bookings, hopefully at reduced prices for you. Transport also to be arranged for the evening. There are theatres that cater for the disabled and have disabled facilities. If people are interested let me know in advance as theatre bookings have to be in advance.

Just a last item to mention. It saddens me that the members' attendance at the pool on Saturdays has dropped. I hope this is a passing phase due to the cold weather, and that I will see you all again in the near future. If you have any comments to make, just write a note, and I will see that I can do to help.

from Sandra,
Secretary, Southwark Penguins.

Sandra Salveson-Shaw,
131, Lower Rd., London S.E.16
Tel. 232-0416

Editor's Note.

The club meets every Saturday from 4.30 - 7.00 p.m. in Rotherhithe Baths, Lower Rd., S.E.16. Helpers and transport are available, or you are welcome to make your own way if you are able. Contact Sandra for details.

CONGRATULATIONS to Roger Brooksby who came 2nd in the 3 length, and to Colin White who came 2nd in the 1 length in the Gala mentioned in the above article.

SOUTHWARK WOMEN'S ACTION GROUP

At the beginning of this year, I was asked by the S.D.A. to represent disabled women at a general meeting of the Southwark Women's Action Group. I was the only disabled person present, and I found myself co-opted on to the Co-ordinating Group. - Hobson's Choice! ! However, I am pleased to represent you, the disabled women of Southwark, on this interesting committee.

"S.W.A.G." exists to bring women together to discuss issues that concern them and to promote women's interests in Southwark. It aims to find new ways of encouraging grass roots activity and organisation amongst local women and to identify women's needs in terms of education, health, employment resources, child care etc. and campaign for these to be met. S.W.A.G. is committed to working with women of all ages, classes, ethnic backgrounds and to fighting racism.

During the last year, S.W.A.G. has been involved in fund raising for the Women's Centre and is setting up a mobile creche kit that can be borrowed by groups in the Borough.

Four large shop fronts in Peckham High St. (near the Odeon Cinema) have been leased from the Church Army Housing Association. The centre will have a 'drop in' space with kitchens which can be also used as a large meeting room. There will also be a creche. The centre should be in full use by April 1984. Office and meeting room space will be offered on a shared basis to other women's groups. I shall be assessing wheelchair access to the premises, meeting areas and toilet, and advising, if necessary, the appropriate alterations.

The Mobile Women's Centre will be a converted double-decker bus with a creche and flexible meeting space. Women in Southwark have a lot of difficulty in travelling far, so it is necessary to take information and resources to them on Council Estates, outside schools, clinics, factories and shopping centres. We hope that the bus will generate an initial interest, bring women together and give them confidence to start their own groups, activities and campaigns. Wheelchair access will be available.

Should any of you wish me to raise any matters concerning the proposed facilities and activities of S.W.A.G., please contact me either by letter via the S.D.A. office, or leave a telephone message.

Marlene V. M. Aldrich.

'TIRED OUT WITH CHANGING TYRES'

There is a new wheelchair tyre on the market that is puncture-less. It fits standard size wheels of most wheelchairs currently available. They are not cheap but you need never worry again about having to pump up tyres or getting a puncture. It is understood that the D.H.S.S. are considering issuing them.

Price list and Manufacturer's details available at the S.D.A. office.

NATIONAL KEY SCHEME AND BRITISH RAIL

British Rail now issue with each disabled Persons Railcard (price £12), a voucher for £1. towards the cost of a National Key Scheme key. If you want to use your voucher, send it with £1 plus your name and address to RADAR, 25, Mortimer St., London W.1.

THE NEW GATWICK EXPRESS.

The New Gatwick Express is to be introduced on 14th May. This new train which will run between London Victoria and Gatwick Airport will have extra wide carriage doors and gangways and a seat will be removed to provide space for a wheelchair and a disabled passenger. The trains will run every 15 minutes. Wheelchairs will be available at Victoria.
At Gatwick, a lift service connects station platforms with the airport concourse.

THE SPASTICS SOCIETY 1984 LITERARY CONTEST FOR PEOPLE WITH DISABILITIES

Entries have to be in by 30th April. Details and entry forms from Nina Heycock, Cheril House, 181-3, Kings Rd., London SW3 5FB.

THE POSSUM USERS ASSOCIATION.

has now become SEQUAL (Special Equipment and Aids for Living).
It is run by disabled people for disabled people and it supplies and maintains electrical and electronic equipment for its members. There is no charge.
Contact Hilary Finch, 27, Thomas House, 140, Battersea Park Rd., London S.W.11. Tel. 622-3738 for further information.

SOUTHWARK WHEELCHAIR DANCING GROUP

It has often been asked what exactly do we do at wheelchair dancing. Well, now there will be an opportunity to find out. The Group is holding an Open Night on Tuesday, 17th April, 1984 at 8 p.m. in the Aylesbury Day Centre.

Everyone is most welcome to come along and see for themselves what we do get up to and we can promise you a very lively evening. Light refreshments will be provided.

There may be limited transport available, so if you require to be picked up, please get in touch with Phyllis Hough, 12, Alverstone Rd., Wembley Park, Middx. HA9 9SB, Tel. 904-6451.

WANTED FOR CASH

Secondhand outdoor type Battery driven wheelchair. Any make considered. I will arrange collection. Any fair price paid. Please 'phone with details to RON, Tel. 701-2059.

FOR SALE

Two fur coats size 16.
One black three-quarter length, and one short brown coat.

Price £35. the two.

Please contact Mr. Arthur Watts, c/o S.D.A. Room 48, Aylesbury Day Centre. S.E.17.
Tel. 701-1391.

BENEFITS PAGE

N.C.I.P.

WHAT IS N.C.I.P.? (Non-Contributory Invalidity Pension)

N.C.I.P. is a benefit for men and single women who are unable to work because they are sick or disabled and have been unable to work for at least 28 weeks. It is called 'non-contributory' because you do not have to have paid any National Insurance Contributions to get it. It is NOT means tested and not taxed. (If you have been working you will receive a contributory invalidity pension).

WHO IS ELIGIBLE?

You must be aged 16 to 65 if you are a man, and 16 to 60 if you are a woman and single. You must have been living in the United Kingdom for at least 10 of the last 20 years, and at least 26 weeks of the last 12 months before payment can start.

HOW MUCH DO YOU GET?

For yourself	£20. 45
For your wife	£12. 25
For each child	£7. 60 (as well as child benefit of £6. 50)

If you are receiving N.C.I.P. you may be eligible for Supplementary Benefit if your income and other sources of finance do not bring you up to the Supplementary Benefit level. In working out the entitlement, your family will be considered as a whole.

Time spent receiving N.C.I.P. at any age, counts towards the one year qualifying period for the higher long term rate of Supplementary Benefit. Eligibility for long term Supplementary Benefit means that you can probably get extra benefits such as the higher rate Heating Addition (if you also have Mobility Allowance and Attendance Allowance), laundry additions, diet allowances and single payments for certain items such as clothing and furniture.

LONG TERM RATE OF SUPPLEMENTARY BENEFIT

People who have been on Invalidity Benefit for over a year can now be considered eligible for the higher rate of Supplementary Benefit if your Invalidity Benefit is lower than this rate which is currently £34.10 per week. Has your local Social Security office informed you of this. Being eligible for long term Supplementary Benefit means you may be able to get extra additions, such as laundry allowance, higher heating addition, wear and tear allowances. If you are in any doubt as to whether you are getting all you should be, please ask us.

FIRST AID ARTICLE written by Mrs. Anne Young, The Southwark Organiser of the British Red Cross.

BURNS AND SCALDS

If the patient is a child or if the burns are deep or extensive, SEND FOR AN AMBULANCE immediately. Treat for shock until medical help arrives.

PRIORITIES

Remove source of heat.
Cool the skin of affected areas.
Minimise the effects of shock.
Prevention of infection.

TREATMENT

1. Immerse in, or place under running cold water for ten minutes or until pain ceases. Anything constricting such as rings, bracelets, belts or shoes should be removed gently before the area begins to swell.

2. DO NOT remove burnt clothing, prick the blisters or apply any ointment, powder, oil or grease to a burned area.

3. For minor burns or scalds a sterile dressing may be applied ONLY if the surface area is small and the skin unbroken. A clean handkerchief will make a good emergency dressing, but if a First Aid Kit is available, lay several layers of DRY gauze over the burn.

WHEN MEDICAL ATTENTION IS NEEDED.

1. Burning fat spilled over several fingers.

2. A burn on the gripping surface of the fingers or the palm of the hand, although only a small area but which may result in permanent damage.

3. If burns or scalds are extensive (covering a large area) or on the head and neck, SHOCK should be suspected and the patient should be taken to hospital without delay, in a car if available, unless he is unconsious, then you should treat for shock and call an ambulance immediately. Whilst waiting for the ambulance, wrap a badly burned patient in clean sheets, moisten his lips with a wet cloth and give reassurance.

   With a scald or corrosive chemical burn, the soaked clothing should be removed as soon as possible - by cutting it away if necessary. Take care not to touch any clothing soaked in corrosive liquid yourself or you too will receive burns.

   COOLED DRY burned clothing, however, should be left, as removing this could cause further damage to the skin.
   The aim is to protect the injury from germs, thus reducing the risk of infection, so cover the area with a clean sheet or handkerchief.

THE GREATER LONDON ASSOCIATION FOR THE DISABLED

G.L.A.D. have asked our co-operation in completing a survey regarding ACCESS into local Post Offices.

We would be very grateful if you would take the time and effort to complete this questionnaire and let us have it back as soon as possible at the S.D.A. office. PLEASE FILL IN AS MUCH AS YOU CAN.

Name:

Address:

Tel. No.:

Wheelchair User? Yes/No

Post Office Used - Address?

Is the entrance accessible? - No steps? Yes/No

If there are steps - how many?

Is there a ramp? Yes/No

Is the counter too high? Yes/No

Is the telephone accessible to wheelchair users? Yes/No

Are the doors wide enough to get a wheelchair through ? Yes/No

Are the doors easy to open for wheelchair users? Yes/No

Please return to the S.D.A. Office, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Tel. 701-1391.

Membership Form

If you would like to become a member of SOUTHWARK DISABLEMENT ASSOCIATION and receive our newsletter regularly, please send £1.00 annual membership fee for individuals, and £4.00 membership fee for organisations, clubs or groups.

If you pay the £4.00 organisation fee, you can receive enough copies for each of your members. Let us know how many you need (see bottom of form)

Please tear off along dotted lines and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Telephone 701-1391.

Name
Address
Tel. no.
Organisation (if applicable)

Number of copies required if an organisation.....

I enclose £1.00)
I enclose £4.00) Please delete as appropriate

Signed.....Date.....

MEMBERSHIP IS RENEWABLE IN JANUARY OF EACH YEAR.

NEWSLETTER IS PUBLISHED EVERY TWO MONTHS.

SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER

No. 29

MAY/JUNE, 1984.

Chairman : Mrs. R. Brooksby
Secretary : Miss M. Marshall

Tuesday June 5th 1984

SOUTHWARK DISABLEMENT ASSOCIATION ARE AGAIN ORGANISING A

Shopping Evening for Elderly and Disabled People in RYE LANE PECKHAM from 6 - 8 · 30 p.m.

HOUSEBOUND people needing transport - contact the S.D.A. office by 21st May - S.D.A. members will be given the first preference.

VOLUNTEERS willing to help on the night, please contact the S.D.A. as soon as possible.

HELPERS to meet on the night in the Houndsditch Car Park at 6 p.m.

Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Road, S.E.17. Tel. 701-1391.

SNOWDON AWARD SCHEME

Grants are available from the above organisation for people with disabilities aged between 17 to 25 years. Candidates must show that without the bursary, (usually not more than £1,000 to cover one or two years), they would not be able to continue further education or training.

Further information can be obtained from Action Research for the Crippled Child, Vincent House, North Parade, Horsham, Surrey. Applications must be made by 31st May, 1984.

THOMAS COOK TRAVEL COMPETITION

Thomas Cook are running a competition to help promote employment for people with disabilities. The prize includes free travel and two weeks board and accommodation in a European country of the winners choice to enable the person to study and report on, from the European point of view, current and future job opportunities for disabled people. The competition is only open to people with disabilities.

To enter, you should type no more than 500 words about your achievements, the location of your proposed visit and how the visit will help create real jobs and improve career prospects for disabled people.

BRITISH MICROCOMPUTING AWARDS

Concerned Micros in Education and Training (COMET).

The above organisation will give funds to young people with disabilities who need microtechnology to help them learn and communicate effectively. The scheme is being administered by the National Bureau for Handicapped Students, and will make funds available to young people with special education needs enabling them to purchase micro-related aids.

Further details from Sylvia Simmons, N.B.H.S., 40, Brunswick Square, London W.C.1. Tel. 278-3459.

1984 DISTA AWARDS FOR YOUNG ARTHRITICS.

Arthritic Care in association with the Lady Hoare Trust are again publicising their Award Scheme, now in its fourth year. The 2 purposes behind the scheme are -
to recognise the efforts and achievements of the many young people in this country who suffer from Arthritis, and -
to highlight the facts that young people are also affected by the disease and that Arthritis Care has a special support group for the young known as the 'Under 35 Group'.
The Award Scheme is open to all arthritics below 35 years of age on 30th September 1984, and wants to hear about young people who have that extra special quality and deserve recognition for their efforts. Nomination forms obtainable from The 1984 Dista Award for Young Arthritics, Arthritis Care, 6, Grosvenor Terrace, SW1X 7ER. Winners to be announced at the end of October 1984 for each area and the Awards will be presented on 13.11.84. Further details on the 'Under 35' Group available from Arthritis Care at the above address, Tel. 235-0902.

LOCAL VOLUNTARY ORGANISATION ARTICLE

CARING FOR THE CARERS.

Has everyone heard that a group of the Association of Carers has started locally?

The Association is a national self-help organisation which was founded in 1981 to help bring the needs of carers to the attention of those who make policies in health and social services departments, at both national and local level.

The organisation includes carers of people of all ages and disabilities, and they are very definitely the family or friends who do the caring, rather than the people whose job it is to care, and who can go home at the end of the day and take a holiday when they wish and have time off when they themselves are ill, and.....get paid!

The Association also now has someone working in the south of Southwark who is keen to meet family carers in the south of the borough, to talk to them about their experiences as carers and the various problems that they encounter, and introduce them to other carers with whom to share these problems if they wish to do so.

In this way, the Association plans to present a picture of the needs of carers to the local social services department and the Health Authority because they seem to talk so much about care in the community, yet are unclear as to how it is to be achieved in any real sense.

If you are a carer of a disabled or ill or frail person of any age, Sharon Bonny is keen to hear from you, so why not contact her and share your problems. Phone her on 693-3399 at Area 6 Social Services (leave a message if she is not there), or write to her at 47b, East Dulwich Rd., SE22 9AN.

SING A LONG

We have had news of a Music Tape which readers may be interested in.

Side 1 is Old Tyme Singalong Songs, and Side 2 is Songs of the '40's. It is on a C60 Cassette, and copies can be obtained from Roy Chapman, 33, Hartley Rd., Leytonstone, London E11 3BC, Tel. 989-6368. The cost of the tape is £3.00 including postage and packaging.

LICENCE UNTIL 70.

People suffering from Arthritis can be granted a driving licence until the age of 70, subject to a restriction to the effect that all the controls are placed so that they can be properly and conveniently operated by the licence holder.

EXEMPTION FROM VAT AND CAR TAX

Unfortunately, the new regulations regarding the exemption of VAT and Car Tax of new vehicles for people with disabilities are not going to be of benefit to many people.

It will only apply to vehicles which are either used by somebody who sits in their wheelchair to drive the vehicle or is a passenger who has to remain in their wheelchair in the vehicle. The adaptions must be made before the vehicle is actually purchased. Hand Controls alone, will not qualify for exemption.

THE NATIONAL TRUST

The National Trust have brought out an up to date edition of their booklet 'Facilities for the Disabled and Visually Handicapped'. It is free and can be obtained from the National Trust, 36, Queen Anne's Gate, London S.W.1. We do have a few copies in the S.D.A. office.

PARLIAMENTARY NEWS

ANTI-DISCRIMINATION BILL.

Unfortunately, the Anti-Discrimination Bill fell by one vote in the House of Lords. This means of course, it is unlikely that during this parliamentary session, we shall see, that it will be illegal to discriminate against someone on the grounds of disability. There is some discussion about the possibility of setting up a Select Committee, but no further details are available at present.

The Greater London Association for the Disabled have said they will continue to support the idea of Anti-Discrimination legislation.

LONDON REGIONAL TRANSPORT BILL.

The amendments put forward by the Federation of London Dial-A-Rides and G.L.A.D., unfortunately did not get through.

On 19th March, over 200 people, including members of S.D.A. went to the House to lobby their M.P.'s an d to talk to others including the Lords, about the importance of having legislation in the Bill to protect Dial-A-Rides and other specialist transport provision for people with disabilities. The Lobbyists also had the chance to meet Nicholas Ridley, Minister of Transport who was not, excuse the pun, given an easy ride by those present. One experienced Lobbyist says that it was the first time she had witnessed considerable anger from people with disabilities attending lobbys. Some people have said that showing anger was detrimental to the cause, but many at the Lobby felt that it was time to show that they really believe in transport services for people with disabilities which should be protected and are not willing to lose a service that offers them social mobility.

The Bill will be going to the Lords sometime in May, and FoLDAR, G.L.A.D. and R.A.D.A.R. are putting up amendments similar to those put before the Commons.

We have in the office a list of Peers living in London, so if you want to write to them asking them to support the amendments, please do contact us for their names.

FORTHCOMING EVENTS

Canal Walk Arts and Music Fair - 14th July, 1984 at Canal Walk. Stalls, clowns, musicians etc. More details from Canal Walk Fair, c/o Peckham Varieties, Peckham Settlement, S.E.15.

G.L.C. Open Days, 16 - 24th May at County Hall. Exhibitions and guided tours. For more information 'phone 633-4400.

Greenwich Festival, 1 - 17th June - various venues around Greenwich. Exhibitions, Theatre, Music, Children's Events, Sports events and much more. Special advice for disabled people about the Festival available on 858-7603 on Tuesday evenings from 6 - 10.00 p.m. and Thursday afternoons from 2 - 6 p.m.

S. D. A. NEWS

Our Half-Yearly meeting was held on 12th April. Approximately 100 people attended and heard the talks given by Martin Bould, Fieldworker for Federation of London Dial-A-Rides, Debby Ounsted, Director of Habinteg Housing Association, and Rosie Fooks, a member of The Independent Living Scheme group in Southwark. Martin showed a short film entitled 'I Came By Bus', which illustrated how Dial-A-Ride schemes operate.

The other main topic of interest was the presentation of the S. D. A. Half-Yearly Report by our Chairman, Mrs. Ruby Brooksby. This outlined the work that the office has undertaken since the Annual General Meeting in October, and showed particularly, the expansion of the Advice Work that we do - from January to April this year, 779 people had called into the office and we had received 990 telephone calls. Mrs. Brooksby spoke of the need for us to have another room so as to provide a separate office where the advice and counselling work could take place in a more confidential manner. We are very happy to say that we now have an extra room and we will be fitting it out as soon as possible.

Cheese and wine were served before everyone went home.

LATEST NEWS ON SOUTHWARK DIAL-A-RIDE

An application has gone to the G. L. C. for funding Southwark Dial-A-Ride, and we hope it will be considered at the June meeting of the Transport Committee. We have only asked for a relatively small grant - a mere £167.303! This is to employ a co-ordinator, assistant co-ordinator, dispatcher, 9 drivers and to purchase 3 vehicles, together with the general running costs of the scheme for one year.

We already have about 40 people who are interested in being members of Dial-A-Ride once it is on the road, and if you feel you would be eligible for membership, then please contact the S. D. A. office.

We must point out however, that if our application to the G. L. C. is successful, it is unlikely that the service will be running much before December.

The other good news mentioned in the half-yearly report is that we have been successful in obtaining a grant from the G. L. C. for a year to employ a Sports and Leisure Worker. Stephen Thoms started in this position after Easter, and is based in our office. More from him in this newsletter.

The sad news is that Denise Croker, our Administration Secretary, who has been with us since the office opened in 1981, is leaving us this month. We shall miss her help and work in the office very much and I know that all of you will miss her excellent production of the newsletter. We wish her well in the future.

You will see from our front page and other publicity we have sent out, that on the evening of June 5th, Rye Lane will have its annual influx of elderly and disabled people. All S. D. A. members have been sent application forms. Please send them back quickly, as these events take a lot of organising and we will be without a Secretary as well until we can appoint someone else.

NUNHEAD FORUM

Nunhead Forum is an umbrella organisation for groups working and organising activities for people living in the Nunhead area. In January, Karen and Mary attended one of their open meetings to talk about the work of the S.D.A. and talk in general about disablement and the difficulties disabled people face and how often able bodied people, without too much effort, can make life easier and more pleasant for them.

Access along Nunhead Lane was one of the other subjects discussed. If you live in that area and have specific problems of access to shops, buildings etc. do let us know at the S.D.A.

The Nunhead Festival is coming up soon and there will be the usual stalls on Nunhead Green on June 30th, and an open afternoon with displays from local organisations including S.D.A. on June 23rd in the Community Hall.

On the last Sunday of every month, the Friends of Nunhead Cemetry organise a trip at 2.15 p.m. around the Cemetry which is very historical and interesting. They would like to arrange, in June, a special trip, which would allow disabled people to take part, so any of you interested in looking around, please let me know as soon as possible so that the necessary arrangements can be made.

Mary Marshall

FOR SALE

"A" registration Fiat Fiorino adapted for passenger in wheelchair.
Windows, sunshine roof, side seat for attendant, Unwin track and clamps, seat belt. Aluminium ramps, adjustable from 4ft - 7 ft.
Carpeted and upholstered throughout.

First class condition, less than 5,000 miles.

Price £3,600.
Mr
Contact: Dalziel, 39, Ruskin Walk, London SE24 9NA. Tel. 274-3280.

FOR SALE

Three-wheel Reliant Car (L Reg.)
Well maintained by expert mechanic and in good running order. Radio, car manual and some tools.
Very suitable for a disabled person.
Cheap to run and light and easy to handle.

Price £250. o.n.o.

Contact Mrs. Runacres, 46, Ansdell Rd., Peckham, S.E.15. Tel. 732-7233.

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT ANY RESPONSIBILITY FOR EQUIPMENT OR SERVICES MENTIONED IN THEIR NEWSLETTERS.

BENEFIT OF THE MONTH

HARD TO HEAT ESTATES.

After the lovely weather we've had recently, it probably seems strange to talk about heating, but if you live in any of the properties below, you may be entitled to an extra Heating Addition, provided you are receiving Supplementary Benefit.

This is because the D.H.S.S. have listed these buildings as being exceptionally hard to heat. They are -

Estate	Building
Canada Estate, S.E.16.	Columbia and Regina Points.
Silwood Estate, S.E.16.	Whole Estate
Ryehill Estate, S.E.15.	Three Tower Blocks, Ryehill Park
Gaywood Estate, S.E.1.	Simla and Burwash Houses.
Lawson Estate, S.E.1.	Nash House.
Haddonhall Estate, S.E.1.	Peveril House.
Tabard Gardens, S.E.1.	Dorking and Godstone Houses.

All of these are on ex G.L.C. estates and have underfloor heating, and people have to pay for the heating with their electricity bills.

The rates are as follows :-

£4. 10 for 4 rooms or less, not counting bathroom, toilet or hall. If you are receiving the £5. 05 heating allowance, you will not receive this addition.

£8. 20 for 5 rooms or more. Again, if you are getting the £5. 05 heating allowance, you will only have it made up to £8. 20.

If you live in any of the above, and think you may not be getting these additions, please do contact us.

TAXI PASS USERS COMMITTEE NEWS

Thanks to all those new members who have sent their £1.00 subscriptions. We are still hoping to hear from ALL taxi pass users who have not yet become members. Wendy, Nora and the rest of the Committee have worked very hard at getting the letters out, so please send your £1.00 subs.

We are hoping to organise small groups to meet for a chat and a cup of tea. We will let you know by letter when we have more details.

Margaret McNally,
Secretary.

SPORTS AND LEISURE NEWS

My name is Stephen Thoms and I work in the S.D.A. office. My job title is Sports and Leisure Worker. I will be responsible for a wide range of things to do with sport and leisure for the disabled in the borough. I am in a wheelchair.

I need to know what you are interested in - whether it is sport, going to the cinema, theatre, visiting museums, art galleries and the like.

There are a lot of games and sports that you can take part in. We all know about darts, snooker, pool, dominoes and games like that, but perhaps you might like to try your hand at other things such as badminton. I coach a class every Friday evening at Goodrich Rd. Centre when the Sports Club is open, and sometime in September, I hope to start a second session at Queens Rd.

Most of you reading this article are unknown to me, so I don't know what you can do or the things that you are interested in, so please write or telephone me at the S.D.A. office.

I am particularly interested in getting people interested in sport, or help those who already play some sport, to go further in their chosen sport.

FISHING

Don't forget that the Fishing Season starts on June 16th and we start fishing on June 19th. If you want to go fishing, please let me know as soon as possible. Some tackle is available.

BOWLS

The Bowls season is upon us again, and anyone who is interested in taking part can contact me.

There are a couple of Sports events coming up very shortly. On Sunday June 3rd, Hackney Borough are holding a Sports Festival. The sports include archery, table tennis and darts.

On the 16th June, Greenwich borough are holding their Games Rally in Charlton Park - again archery, darts, table tennis and athletics are to be included. There are also a number of displays taking place, including kite-flying.

The Summer Festival will be taking place at Southwark Park on Saturday, 30th June and Sunday, 1st July. We will be holding a Sports Day on the Saturday, so anyone interested in going, please let me know as soon as possible.

Membership Form

If you would like to become a member of SOUTHWARK DISABLEMENT ASSOCIATION and receive our newsletter regularly, please send £1.00 annual membership fee for individuals, and £4.00 membership fee for organisations, clubs or groups.

If you pay the £4.00 organisation fee, you can receive enough copies for each of your members. Let us know how many you need (see bottom of form)

Please tear off along dotted lines and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Telephone 701-1391.

Name
Address
Tel. no.
Organisation (if applicable)

Number of copies required if an organisation.....

I enclose £1.00)
I enclose £4.00) Please delete as appropriate

Signed.....Date.....

MEMBERSHIP IS RENEWABLE IN JANUARY OF EACH YEAR.

NEWSLETTER IS PUBLISHED EVERY TWO MONTHS.

SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER

No. 30

JULY/AUGUST 1984.

Chairman : Mrs. R. Brooksby.
Director : Miss Mary Marshall

good news

The G.L.C. have extended their pilot taxicard scheme for people who cannot use buses and trains, to cover the whole of Greater London. You can now obtain an application form from the Post Office. The criteria is the same, you have to be either on a Mobility Allowance or your Doctor has to sign the application form to the effect that you are unable to use public tranposrt. You show your mobility book at the Post Office when you take back your completed form. They will issue you with the taxi-pass and instructions how to use it. A taxicard holder pays £1 for any journey up to £6 (over £6 you pay the additional fare). You can also take up to three companions for 15p each. Remember you must be able to get into a Black Cab and have access to a telephone.

More from the Southwark Taxi Card Holders Association in the newsletter.

Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Road, London, S.E.17. Tel. 701 1391.

AIDS

CLOSED DOOR SECURITY SYSTEM

There is a new D.I.Y. telephone door entry system on the market that can be used from anywhere in the house. The front door can still be used in the ordinary way. Further details can be obtained from:- Michael Donkin, 21, Meadowvale, Ponteland, Tyne and Wear, NE20 9NF. Tel. 0661-71145

ALARM CLOCK FOR THE DEAF

A new alarm clock is on the market for people who are deaf. The clock is attached to a pad which is placed under the users pillow or mattress. When the alarm is set the pad will viborate gently until the sleeper awakes and turns it off. Further details from:-
"Vibralarm", Colomendy Industrial Estate, Rhyl Road, Denbigh, Clywd, North Wales. LL16 5TS.

ROYAL NATIONAL INSTITUTE FOR THE BLIND

R.N.I.B. have introduced a new Talking Book Telephone Line giving details of the latest titles available. The telephone number is :- 903-6668 between 5 pm and 8 am Monday to Friday nights and all day Saturday and Sunday. Anyone with a visual disability can join the Talking Book Library provided they produce a certificate of defective reading vision, this is obtainable from your opthalmic optician or family doctor.

The titles list will be changed on the first Monday of the month, and titles are listed as follows :-

Recent fiction	Monday nights
Biography and auto-biography	Tuesday nights
Other non-fiction	Wednesday nights
Thrillers, adventures, westerns	Thursday nights
General fiction	Friday nights
More fiction and childrens	Saturday and Sunday

WANTED

A secondhand manual wheelchair, not self-propelling. Please contact S.D.A. office if you can help.

HANDICAPPED LIVING

A reminder about this monthly magazine which deals with all aspects of disability. It costs 60p from newsagents and seeks to advise, inform and entertain people with disabilities

---

CAMBRIDGE HOUSE PROJECT FOR THE MENTALLY HANDICAPPED

are holding their Annual sponsored walk on Sunday July 15th from 2-4 pm beside the 'Camberwell Beauty' Mosaic at the Neate Street/Wells Way/Saint George's Way entrances to Burgess Park.

Contact the Project at Cambridge House Tel. 703 5025 or 701 0769 for more information

---

'NUNHEAD NOTABLES' by

Ron Woolacott

Price £1.95 from local bookshops or by post from 168, Ivydale Road, SE15 3BT.

Ron Wollacott, an enthusiastic local historian has written and illustrated a fascinating book with biographies of a hundred and forty four people buried at Nunhead Cemetery who have contributed to the sciences, arts, entertainment, politics and welfare.

Don't forget there is to be a specially conducted tour of the Nunhead Cemetery for people with disabilities on Sunday 5th August. Transport to and from the cemetery provided. Contact the SDA office immediately if you want to join us on this tour.

NEWS FLASH ! !

Trip to Nunhead Cemetery cancelled arranging for September.

DOES HE TAKE SUGAR ?

This very good weekly programme for people with disabilities will be from the 1st July be broadcast on 9 pm on Thursday evenings - Radio 4 - not Saturday as previously

---

URBAN AID

The new Circular (25) is not out yet. It is anticipated that the Department of the Environment will require completed application forms back at about the same time as normal. The Town Hall has decided to begin the process in order to give groups as much time as possible to get their ideas together and worked out. The Town Hall anticipate that the closing date for applications reaching them will be 3rd SEPTEMBER.

Southwark Council for Voluntary Service in Rye Lane, Peckham SE15, Tel. 732 3731 will be holding four surgery days this year to give advice to your organisation. Members of Town Hall staff will also be present. During the three August sessions we hope that George Garlick from the Borough Treasurers Department will also be present to give you financial advice.

THE DATES AND TIMES OF SURGERIES ARE :-

Thursday 26th July	2.00 - 8.00 pm
Thursday 9th August	2.00 - 7.30 pm
Thursday 23rd August	2.00 - 8.00 pm
Thursday 30th August	3.00 - 7.30 pm

MUSIC, MUSIC

A new resource paper on music for hearing-impaired people has been produced by the Disabled Living Foundation.

Resource paper MP18 is available from Daphne Kennard Disabled Living Foundation 346 Kensington High Street London W14 8NS. It costs 80p plus postage.

"MARKS 'N SPARKS"

No-one can have escaped the fact that "Marks and Spencer" is currently celebrating its' centenary year. But perhaps it is not widely known that each M & S store was allocated a certain sum of money to use on a project of the staff's own choice. The staff of the Walworth Road branch chose a project for the disabled.

On a damp Sunday morning in May, three "skipper" Dinghies were officially presented to the G.L.C. at Burgess Park Lake. A reception was held at 11 am. Anyone who was anyone had been invited. That is why Mary, Ruby, Stephen, Ann and I were in the V.I.P.'s marquee ! Other guests included the Mayor and Mayoress of Southwark, Harvey Hinds, Harriet Harman, M.P., Simon Hughes, M.P., and the Deputy Leader of the G.L.C. I was disappointed that "Citizen Ken" was not present. But I suppose after the opening of the Thames Floord Barrier, our event seemed somewhat insignificant in comparison ! Having enjoyed wine and a variety of savouries, we moved over to the lakeside for the speeches and presentation.

Undeterred by pouring rain, Roger, Ann and I quickly donned life-jackets and in no time at all we were sailing close to the wind in an Inner London Borough ! The dinghies, specially designed for use by the disabled, are appropriately names "Marks, Sparks and St. Michael", the mainsail bears the M & S Centenary Logo.

Each dinghy holds at least a crew of five. One notable feature is continuous seating round the stern enabling a severely disabled helmsman to slide easily from port to starboard and vice versa. The dinghy is comfortable and easy to handle. To add to the excitement of the occasion, a severely disable crew member of "St. Michael", successfully completed a tricky transfer from his dinghy to ours, "Sparks", in the middle of the lake. The maiden voyage was very thrilling and gave each of us a great sense of freedom, exhileration and achievement.

Marlene V.M. Aldrich

LATEST PROGRESS

Dinghies are now in use and it is recommended that the best time for us to use them will be at the weekend. Arrangements are now being made for any of the disabled to use the dinghies. If you would like to go sailing contact Steve at the office.

SPORTS PAGE

We had a good day on Saturday 30th June for our Sports Day at Southwark Park, and about 50 people turned up to take part in the competitions, and have a go sessions.

Competition was fierce, (particularly in the Uni Hoc competition where there were sticks flying everywhere). Medals were awarded for the shooting, petanque, uni hoc and relay races. We also had a curling competition which proved very successful, the stones moved very well on the surface that we were using.

What is Petanque?

Petanque is a French game similar to bowls, played by two people or teams of 3 or 4. The balls used are metal and about the size of a tennis ball. The idea is to place your ball as near to the jack as possible. The winner being the person who gets their boute nearest the jack. An underarm action is used as opposed to the rolling action used by the English bowler.

In November there is a Uni Hoc competition being run by the B.S.A.D. at Maidenhead in Berkshire and the Friday Club (The Phoenix) are hoping to enter a team for this so if there is anybody who would like to have a go at the Uni Hoc let me know.

Fishing is on at Burgess Park - If you would like to go give me a ring on 701 7616

Tennis

Have you been watching the tennis from Wimbledon this year and wishing that you were on Centre Court? A new idea from America has just come to this country, it is tennis for wheelchairs. Using a full size court the course has been running for 5 weeks, with the idea to get a number of Paraplegics interested in taking part and forming a British Wheelchair Tennis Association. If you are interested in taking up a course in tennis then let me know as I have been offered the opportunity of having a course run in Southwark. So come on all you budding McEnroes and Lloyds (Chris that is !) and let me know as soon as possible.

FORTHCOMING EVENTS

August

Fishing match date and venue to be announced.

September

8th 'Open' Archery Tournament, Footscray.
22nd 'Open' Sports Day, Ladywell Centre.
Darts, Rifle and Pistol Shooting, Table-Tennis, Javelin, Shot, Discus.
Names please to Steve, 701 7616, or call in at the S.D.A. office.

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT ANY RESPONSIBILITY FOR EQUIPMENT OR SERVICES MENTIONED IN THEIR NEWSLETTERS

GARDENING FOR THE DISABLED

In the disabled garden in Battersea Park from Saturday 21st July until Sunday 29th July, there will be a display of tools and other equipment suitable for disabled gardeners. There will be too a layout of raised beds and other types of plant containers which can be created fairly cheaply. Experienced staff will be on hand throughout the display which will be open from 10-6pm.

YORK'S NEW VIKING CENTRE

The Jorvik Viking Centre in the middle of York which opened to the public in April, has facilities for disabled people. Visitors travel on electric 'time cars' some of which have been adapted for wheelchair users, through a re-creation of the Viking village of Jorvik. There is a lift between levels. Advanced booking by disabled visitors is not required although some notice would be welcome at busy times and may avoid a long wait.

Further information from the Jorvik Viking Centre, Coppergate, York YO1 1NY (tel : 0904 643211)

JOBS, JOBS, JOBS,

The GLC have contacted us about the Disability Resource Team they are setting up to increase GLC activities so as to improve opportunities for Londoners with disabilities to achieve their rights. The posts are being advertised in the Guardian and City Limits and we have details of them in the SDA office. The GLC have said that the posts provide good opportunities for people with disabilities to demonstrate management and other skills.

The posts to be filled are .....

Application forms to be returned by 27th July, 1984.

SOUTHWARK WOMENS ACTIONS GROUP

The above group are moving into premises in Peckham which are going to be fully accessible, and they are also going to have a bus travelling round the Borough which they hope will be accessible on the lower level. They are very keen that these two services should be used by women with disabilities. What kind of things would you like to happen? Perhaps discussion groups? Films? Talks about certain subjects? Chat over a cup of coffee? Le us know and we will pass your views on to them.

NEW COACH FOR OUT & ABOUT HOLIDAYS

Out & About took delivery of a brand-new luxury coach in April. The coach has a power-operated lift. toilet. drinks machine, reclining seats. facilities for wheelchair users to stay in their chairs on the coach. video TV. air suspension air-conditioning double glazed and tinted windows and many other features designed to give a smooth and comfortable ride to disabled people or anyone with a mobility problem.

Holiday Tours in 1984 will be to Spa in the Belgian Arneddes, to the German Rhineland, the Swiss Lakes. Yorkshire Dales and a mini-break to Weston-Super-Mare in October. Depatures will be from London, Leicester and Edinburgh with various pick-up points. A full winter programme is also being arranged.

Further details and booking form from: Out & About. 112 Eskdale Avenue Chesham Buckinghamshire HP 3BD. Tel: 0494 775377

.....

Access, Communication and Information Officers (four posts)

Administrative Occiers.

Clerical Officers

Head of Team

Project Development & Policy Study Officers

Advocacy and Liaison Officers

S.D.A. NEWS

Hope those of you who came on the shopping trip managed to obtain all your shopping and perhaps even to win a raffle. I think everyone enjoyed the evening and we were lucky the weather kept fine. About 150 elderly and disabled people participated and a big thank you to all the helpers and escorts.

We are pleased that we now have a new part-time administrative secretary started with us - since the 9th July in fact. Her name is Maureen Shbero and we hope she will be happy with us. We certainly need plenty of secretarial support with the ever increasing amount of work that comes our way.

The extra room is now being used for the advice work so people coming to see us can now be assured of a fully confidential interview. We are waiting for an extra line to be put in by British Telecom and then hopefully we will not be so difficult to contact by phone. I know how often the line is engaged.

The Independent Living Scheme workers party is continuing to meet to discuss ways of getting suitable housing and staff to set the scheme up - and of course the money ! Anyone disabled interested in knowing more about the scheme designed to allow severely disabled people the chance to live in the community with the necessary support for them to be able to manage their own lives in their own accommodation - please contact Mary at SDA office.

No more news on funding for Dial-A-Ride yet !

There will be no evening advice sessions during August on Wednesday evenings. They will commence again in SEPTEMBER.

Hope you all have good holidays - those of you who are going away during the next couple of months. I shall be away from the office all of August.

Mary Marshall

TAXI PASS USERS COMMITTEE NEWS

Thanks to all those who have sent in the £1 subscription. Please send your £1 in if you have not already done so.

The first social is being arranged for Wednesday 18th July for those taxi pass users who live in the SE17 area. It will be a chance to meet each other and the committee over a cuppa and a biscuit. We look forward to seeing you.

We will be arranging more socials so as to try and give everyone a chance of coming along.

Don't forget if you have problems with your taxi to phone 701 1391 - Mon - Fri 10-4pm, where a member of the committee will take your call or phone you back. It is very important that your problems are recorded so as to ensure a good service for everyone.

Hope you are all using your taxi's to get out and about in this beautifull sunshine.

BITES AND STINGS

written by Anne Young
Southwark Centre of the British Red Cross Society

Bites and stings of insects, reptiles, animals and plants are rarely serious, however, if the sufferer shows any signs of undue distress, or experience difficulty in breathing, this could be due to a severe reaction in the body, in which case, treat for SHOCK and seek medical attention immediately.

INSECT BITES AND STINGS

A BEE sting is often left behind in the skin and should be carefully removed with tweezers, taking care not to squeeze the poison-sac.
Sodium bicarbonate paste or cold compresses will give relief.
A WASP sting should be treated with an acid solution such as lemon juice or vinegar.

Stings inside the mouth may cause extensive swelling and interfere with breathing.

INSECT BITES

These are generally caused by blood-sucking species, notably mosquitoes but also gnats, horseflies, fleas, lice, sandflies and bed bugs.
The bites should be bathed with calamine lotion or an antiseptic lotion.
Cold compresses or a paste of sodium bicarbonate will also relieve itching.
Difficult as it may be, try not to scratch the inflamed area.
As with stings, some people may be hypersensitive and medical attention should be given if any strong reaction occurs.

PLANT STINGS

Most plant stings, for example those of the common nettle, are minor irritations which can be relieved by liberal application of calamine lotion, or by rubbing the rash with dock leaves. However, if any plant causes a strong reaction, a doctor should be consulted.

ANIMAL BITES

Scratches caused by household pets are not serious but should always be carefully cleaned with an antiseptic lotion and covered with a dry dressing until fully healed. Deep scratches and particularly the deep, paired puncture wounds of a dog bite, should however, be seen by a doctor without delay. These bites can carry infected saliva far below the skin surface and the doctor may advise anti-tetanus treatment.

SNAKE BITES

Very few snakes have fatally poisonous venom but the pain and discomfort of a bite is often accompanies by shock. Immobilise the bitten limb, thoroughly cleanse the area and apply a clean dry dressing. Get the victim to hospital quickly reassuring him at all times.

BITES OR STINGS near the eye should be treated with a cold compress

Membership Form

If you would like to become a member of SOUTHWARK DISABLEMENT ASSOCIATION and receive our newsletter regularly, please send £1.00 annual membership fee for individuals, and £4.00 membership fee for organisations, clubs or groups.

If you pay the £4.00 organisation fee, you can receive enough copies for each of your members. Let us know how many you need (see bottom of form)

Please tear off along dotted lines and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Telephone 701-1391.

Name
Address
Tel. no.
Organisation (if applicable)

Number of copies required if an organisation.....

I enclose £1.00)
I enclose £4.00) Please delete as appropriate

Signed.....Date.....

MEMBERSHIP IS RENEWABLE IN JANUARY OF EACH YEAR.

NEWSLETTER IS PUBLISHED EVERY TWO MONTHS.

SOUTHWARK DISABLEMENT ASSOCIATION

Room 48, Aylesbury Day Centre,
Boyson Road, London, SE17

NEWSLETTER

No. 31.

SEPTEMBER/OCTOBER

Chairman : Mrs. R. Brooksby.
Director : Miss M. Marshall.

The Chairman and Executive Committee of the Southwark Disablement Association have pleasure in inviting you to attend their

ANNUAL GENERAL MEETING

to be held on

THURSDAY OCTOBER 25th 1984 from 7·30-9·45pm

in the

AYLESBURY DAY CENTRE, BOYSON ROAD, SE17

The Officers and Committee will be elected. Cheese and wine will be served.

Theme of meeting ACCESS both locally and nationally.

Transport available for housebound people unable to make their own way.

R.S.V.P. to Southwark Disablement Association, Tel: 701 1391 by 12th October.

We are not sending out seperate invitiations this year to our members and friends. Please accept this as YOUR invitation and let us know if you intend to join us by 12th October so that we can make arrangements for refreshments.

FIRST AID ARTICLE

Written by Mrs. Anne Young (Centre Organiser) British Red Cross Society, 160, Peckham Rye, London, SE22

CHOKING

Remove any obvious obstruction, i.e. a lump of food, false teeth or a bead. If the obstruction is thought to be in the windpipe treat as follows:-

An Infant

1. Hold the infant up by the legs.
2. Smack him smartly four times between the shoulders. This should dislodge any foreign body.
3. Give artificial respiration, if necessary.

A Child

1. Lay the child over your knee, head downwards.
2. Give four sharp slaps between the shoulders to dislodge the obstruction.
3. Give artificial respiration, if necessary.

An Adult

1. Roll an adult on to his side.
2. Immediately strike him four sharp blows between the shoulders.
3. After clearing any obstruction from the throat, give artificial respiration, if necessary.

CONVULSIONS (infantile)

1. Send for a doctor.
2. Ensure a good supply of fresh air.
3. Loosen tight clothing.
4. Place child in recovery position.
5. If child has a high temperature, reduce it by tepid sponging.

TAXI PASS HOLDERS ASSOCIATION NEWS

The first social for taxi pass users in the SE17 area was held on the afternoon of July 18th, 17 people were invited and we were disappointed that only one person came.

Our next social for our members in the SE15 area will be held on 26th September and we are hoping for a better response.

We hoped this would be a way of getting to know our members and for you to get to know others in your area.

An important date for Taxi Card Holders and anyone else interested in the scheme is the 15th November, when our Annual General Meeting will be held in the Aylesbury Day Centre from 6.30 - 9.00 pm. We hope to have speakers on the future of the scheme, cheese and wine and a raffle - prizes welcomed. If you have anything to donate give us a ring MON - FRI on 701 1391.

There have been a lot of complaints recently about long delays in taxi's arriving and we are passing these on to the GLC. A lot of it is probably due to the holiday and tourist season. Do ring us with your problems.

Margaret McNally - Honorary Secretary.

SOUTHWARK DISABLEMENT ASSOCIATION NEWS

I hope you will all accept our invitation on the front cover to come to our Annual General Meeting. We will be sending out all the papers concerning the election of new officers and committee for the coming year soon and I hope all our members will complete and send back the nomination forms and follow that up by coming to the Annual General Meeting to vote. If you need transport to come please let us know by 12th October at the latest. We would like to know if you are coming, even if you do not need transport so that we can organise the refreshments. Remember you do not have to be a member to come to the meeting, but you do have to be a member to vote. If you have not paid your subscription yet - send it in NOW.

The shopping trip is on October 2nd to Rye Lane. This takes place of the Croydon trip, so shop early for Christmas this year and come with us on the 2nd.

There is good news about DIAL-A-RIDE as we now have the funding from the GLC and will soon be able to employ the staff and buy the vehicles.

We are still waiting for British Telecom to instal our second line.

Do not forget we are open again now on a Wednesday evening from 6.30 - 8.30 pm.

Closure of Post Offices in our area. This is very serious for many elderly people and disabled people who find it difficult to get to the Post Office as it is. If many are closed you may have to walk an additional distance or your carer or friend will have to, for you. If you feel strongly write to your local M.P and protest. We have some petition forms at the office and they are also available at Southwark Town Hall.

The tour of Nunhead Cemetery took place on Sunday September 9th and those who went found it very interesting. However, we were all appalled at the lack of care and attention Southwark Council have given the cemetery in both the old and new part. It was particularly upsetting for one or two of our members who have family buried there.

Hope to see you in October.

Mary Marshall

ADVERTS

FISH TANK

Has anyone got a fish tank that they do not want. If so, please could you ring Sandra on 703 6363, Ext. 340

FOR SALE - BATTERY POWERED CHAIR - BATRIC

4 new tyres, 2 new batteries. new brake pads,

£200 O.N.O.

Contact:- Mr. A.P. Jones, 13, Tappesfield Road, SE15. Tel: 639 6428

FOR SALE - Maunual, reclining wheelchair - £100

Contact:- Mrs. Dooley, 1, Colbert, Scieux Gardens, Camberwell, SE5
Tel: 701 7075

SPORTS AND LEISURE

British Sports Association for the Disabled, South East London Branch, Fishing Competition held at Thamesmead in August.

Our team came third with a weight of 24lb 1oz. Wendy Oddy received a medal for the best Godgeon and Steven Thoms got second place in the pairs combined weight total of 6lb of fish.

British Sports Association for the Disabled, South East London Branch, Open Sports Day at Ladywell Centre, Lewisham.

September 22nd is the day of the Open Sports at Ladywell. We hope to have about 20 competitors for the events. news of results in next edition.

Uni-hoc Competition - 8th November

This is still on and when the Southwark Phoenix Sports and Activities Club begins again on the 28th September at Goodrich Road School we will be practicing hard At the moment no one is quite sure if we will be eligible to enter as there is a rumour that the competition is only for teams in the South West Region British Sports Association for the Disabled, but as soon as I can, I will let everyone know whether or not we will be able to put a team in.

Athletics

It is hoped that sometime in March or April next year there will be a session of Athletics coaching for everyone. At the moment Sunday morning has been suggested for this session.

The training session will cover all the athletic skills from sprinting to the marathon and some throwing events, javelin, discus and shot. If you would like to have a go at any of these events let me know and also the event you are interested in; I would also like to know whether you think Sunday is the best day for these sessions. It does not matter if you are in a wheelchair, on crutches or whatever, there will be something for you to take part in. Transport will be provided on the day.

Open Doors Campaign

This is a campaign to inform theatres and cinemas in London, and to try and get the GLC to change its licensing for fire safety. At the moment, as you know, to go to the theatre and cinema in London you have to have an escort, and it is not too easy to find someone with the same interests as you.

When you go out on a club outing or with your family you must have seen a lot of places where the access is either very good or very bad, let me know about it so that I can tell everyone about it. An example would be the Lewisham Concert Hall, where they recently installed a lift.

Leisure

Southwark Model and Hobby Show at Peckham Civic Centre, September 22nd and 23rd 11 am to 6 pm. Tickets 50p.

Model railways, buses and trains. Handicraft and Heritage displays. Photograph Exhibition. There are refreshments.

PAVEMENTS AND ROADS

You may have noticed on your travels around the Borough the state of the pavements and roads. Nearly every street in the Borough has pavements with holes and cracks, paving stones sticking up, kerbs falling apart.

Well let us try and do something about the situation. If you know of any pavements that are in a poor state of repair, send a postcard or letter to the Borough Engineers, Highway Division, Municipal Offices, Larcom Street, London, SE17, giving the location of the particular pavement that needs repairing and what the damage is. Send all the details to the Borough Engineers; they are obliged to investigate all reports of damage to pavements and roads and so they will send an investigator to look at the problems.

Pavement Parking

Did you know that as from January 1985 it will be illegal for people to park their vehicles on the pavement in the Greater London Area.?

We know that this offence is often committed and if you know of areas where it is particularly bad then please let us know so we can pass the information on.

BOOK REVIEW

'Access in London' - by Gordon Crouch & William Forrester & published by Nicholson's

Have you ever passed St. Paul's Cathedral or the Tower of London and wanted to go in, but were unsure about what the access was like? A book has been published recently, called 'Access in London' tells you which buildings and places in London are accessible for wheelchairs and other disabled people. The book covers a wide range of places including restaurants, cinemas, theatres, aports arenas and stations, aswell as the tourist attractions of the Capital.

As can be imagined in a city with so many ancient buildings, access is a problem, however, it would appear that the more modern buildings cause more problems to the disabled than do the ancient buildings of London. The book goes into great detail about how to get in and which is the best bus route once you get inside the building, stadium or park. One of the easiest places to get into is St. Bartholomoew-the-Little in Smithfield, which is over 800 years old !

Anything you want to know about access can be found in this book, which you can get from any good bookshop for £2.95. If you would like to get the book but cannot get it from the shops, let me know and I will try and get you a copy.

Stephen Thoms

THAMES BARRIER

Ever since King Canute went paddling at the seaside and tried to stop the tide from coming in, man has wanted to be able to control the sea, now 800 years later the sea has been stopped by the Thames Flood Barrier.

Known as the 8th wonder of the world, the Barrier stretches the width of the river at Woolwich near the old navy dockyard. The barrier consists of 7 gates which are electrically raised and lowered whenever the tide looks as if it will be higher than usual. It takes less than 20 minutes for the gates to be fully raised, and as the normal warning time is 6 hours you can see that there is little danger of any flooding. The barrier has a back up system should there be an electrical fault or power cut.

The GLC have also built a public viewing area which is accessible to disabled people, with a ramp or a lift which will take you to the viewing terrace which gives you a view over the barrier. The best time to go is about two hours before High Tide until about two hours after. During this time you will see the bigger ships working the river. Most of the vessels using the barrier are tugs, barges, yachts and police launches and the ferry boats going through. There is still quite a bit of heavy shipping on the river, including some very large Roll-on-Roll-off ships.

Opposite the barrier is the Tate and Lyle sugar refinery where you can often see the sugar boats loading and unloading, you may even see the ships arriving and departing.

There are disabled toilets and parking for the disabled close by the lift. The Barrier Centre houses an Audio Visual display of the building of the barrier, this is on the lower floor, along with a souvenir shop and the toilets. The cafeteria is on the top floor which is reached via the lift to the terrace. It is not recommended for wheelchairs to use the riverside path as this is inclined to flood !! (well the water has got to go somewhere !)

How to Get There

The Barrier is well signposted from Greenwich, (unless little hands have done there dirty deeds and pointed them in the wrong direction), so you should have little trouble finding it. The entrance is in Eastman Street just off the A206 Woolwich Road. For those of you who use buses, the number 177 and 180 run every 10-12 minutes, but you will need to make a connection (contact London Transport for more detailed information). You can of course use your Taxi Card (it is only 3 miles from Tower Bridge), ferry boats go past the Barrier and it is now a regular stop. Why not take a trip from Tower Pier down through the Barrier and then get off and have a look at what it has to offer? You will find a boat trip a little difficult if you are in a wheelchair, but if you make arrangements beforehand you should be O.K.

BENEFITS

Severe Disablement Allowance

As from 29th November, 1984 some long term sick and disabled people will be able to claim a new benefit if they are unable to work and do not qualify for sickness or Invalidity Benefit. This new benefit is called Severe Disablement Allowance and will be worth £21.50 per week, tax free. It does not depend on National Insurance contributions nor does it involve a means test.

Severe Disablement Allowance replaces Non-Contributory Invalidity Pension, (N.C.I.P.) and Housewives Non-Contributory Invalidity Pension, (H.N.C.I.P.) Everyone who already gets N.C.I.P. and H.N.C.I.P. will be transferred automatically to S.D.A. in November, 1984.

The main difference for married women is that they will be able to claim S.D.A. even

Young people who have been incapable of work since before their 20th birthday will automatically qualify for S. D. A.

Those who become incapable of work later in life must be not less than 80% disabled and have been so for 196 consecutive days before the first day for which S. D. A. is payable. To qualify under this rule one must be receiving attendance allowance

OR mobility allowance
OR a payment under the vaccine damage payment scheme.
OR an industrial injuries or war pensioners disablement benefit assessment of at least 80%
OR be blind or partially sighted
OR have a DHSS car, invalid car or private car allowance.

People under 50 or over and those aged 16 - 34 can get S. D. A. from November, 1984.

Those aged 35 - 49 cannot get S. D. A. until November, 1985, unless you transfer from NCIP/HNCIP scheme, but should claim NCIP or HNCIP before 29th November if they are eligible. It is very important to claim HNCIP of NCIP immediately if you think you are entitled to it.
You will not normally be able to claim S. D. A. after retirement age.

Contact us at the office if you are in doubt.

NEWS OF A LOCAL ORGANISATION

INSET is a service offering information and advice on education and training opportunities open to adults in Southwark. That includes disabled adults; there are a large number of courses which are accessible to disabled people. Southwark Adult Education Institute, for example, has adapted several of its branches and encourages the integration of people with disabilities into mainstream classes whenever possible. Several new courses of particular interest to disabled people are starting this autumn. Help can be given not only with choosing a course, but with the first few weeks, and any minor (or major !) problems that may arise.

If you want to consider training for a professional qualification, or would like to join a new evening class and start a new interest this autumn, call us. We can be contacted by telephone on 635 9111, or you can call in to the INSET premises at :- 175, Rye Lane, London, SE15. These premises have been adapted for wheelchair users, but a home visit by one of our advisors can also be arranged. We are open from 10 - 12 and 2 - 4 pm, Monday to Friday (except Thursday).

URGENT - URGENT

Volunteers are needed to help on the shopping trip - October 2nd - pushing people around the shops in their wheelchairs or assisting people who can walk but are rather tottery. MEET OUTSIDE WALWORTHS IN RYE LANE AT 6pm.

THE ARCHERY CLASS will be commencing on 9th October at Flaxman Sports Centre, Carew St., SE5. It meets every Tuesday evening until the end of March. A group of disabled people enjoy going but an ESCORT for the ambulance is urgently required. You will be collected from home about 6.30pm and returned home at the end of the evening, approx. 10.30 pm. CONTACT - Stephen Thoms, Tel: 701 7616 if you can help.

Marks and Spencer will again be holding their Christmas shopping evening at their MARBLE ARCH store in Oxford Street on Tuesday 13th November from 6-8 pm for disabled people. You can park there, refreshments will be provided and there is a lift between the floors and toilet facilities.

Pensioners' Travel

Pensioners can use their passes permanently from 9 am Mon-Fri instead of 9.30 am. The weekends and public holidays are still under review.

On Tuesday 25th September Southwark Pensioners Action Group will be holding their Annual General Meeting and Conference in the Training Centre, Braganza Street, SE17 from 10.30-3.30pm which has access for disabled people. The theme is Pensioners and their health. Free lunch is being servied and entertainment during the lunch break provided. Contact:- 186, Crampton Street, SE17 if you are interested in attending. Tel:- 701 8955.

'Electroreach' Readymade Device for Raising an Electrical Point

This power unit is designed to help elderly or disabled people who have difficulty using an electrical point at floor level.
The manufacturers claim that the unit can be installed in under 15 minutes without needing an electrician. The unit is available from:- Yorke Associates Ltd., Suite 'L', Orient House, 42-45 New Broad St., London EC2M 1QY.
Price including packaging, postage and VAT is £14.85 per unit. Please allow 21 days for delivery.

The Youth & Music Shop, 78, Neal Street, Covent Garden. Tel: 379 6722 opening hours Mon-Fri 10-6 is particularly interested in young disabled people between the ages of 14-30. It can offer up to 50% discount on opera, dance and concert tickets and may be able to obtain concessionary tickets for their companions.

On October 6th from 11-4 pm at Bells Garden Youth Centre, Buller Close, SE15 there is a special Women's Day with activities, entertainment and discussion groups. Access for disabled people and limited transport, contact Rita Stallard 703 6311 ext. 2174. (Women's Equality Unit) for more details.

Disabled Persons' Bus Passes

Unfortunately the ½ hour extension from 9 - 9.30 am has been withdrawn. We understand that Londons bus workers have decided to refuse ti implement this instruction. The London boroughs who are responsible for paying for the passes for people with disabilities have said they can no longer afford to pay for the extra half hour.

The Breakthrough Trust for Deaf/Hearing Integration classes at Southwark Institute commence again on 24th September. The Institute is in the Queen's Road Centre.

Concessionary Television Licence Scheme

Recent legislation has now extended the concessionary television licence scheme to include physically disabled and mentally handicapped people in residential accommodation.
The new legislation means that physically disabled and mentally handicapped people in residential homes run by local authorities, voluntary & private bodies, and sheltered housing specifically for disabled people run by local authorities and housing associations qualify for the concessionary licence at a cost of 5p, on the same terms as retirement pensioners. This comes into effect on 1st Sept. 1984.

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT RESPONSIBILITY FOR EQUIPMENT OR SERVICES MENTIONED IN THEIR NEWSLETTER

Membership Form

If you would like to become a member of SOUTHWARK DISABLEMENT ASSOCIATION and receive our newsletter regularly, please send £1.00 annual membership fee for individuals, and £4.00 membership fee for organisations, clubs or groups.

If you pay the £4.00 organisation fee, you can receive enough copies for each of your members. Let us know how many you need (see bottom of form)

Please tear off along dotted lines and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Rd., London S.E.17. Telephone 701-1391.

Name
Address
Tel. no.
Organisation (if applicable)

Number of copies required if an organisation.....

I enclose £1.00)
I enclose £4.00) Please delete as appropriate

Signed.....Date.....

MEMBERSHIP IS RENEWABLE IN JANUARY OF EACH YEAR.

NEWSLETTER IS PUBLISHED EVERY TWO MONTHS.

INDEX

	PAGE
FIRST AID ARTICLE - CHOKING AND CONVULSIONS	2
TAXI PASS HOLDERS ASSOCIATION NEWS	2
SOUTHWARK DISABLEMENT ASSOCIATION NEWS	3
SPORTS AND LEISURE	4
PAVEMENT AND ROADS	5
BOOK REVIEW	5
THAMES BARRIER	6
BENEFITS	6
NEWS OF A LOCAL ORGANISATION	7
INFORMATION IN BRIEF	8

SOUTHWARK DISABLEMENT ASSOCIATION

Room 48, Aylesbury Day Centre,
Boyson Road, London, SE17 2BA.
Tel: 701 1391

F

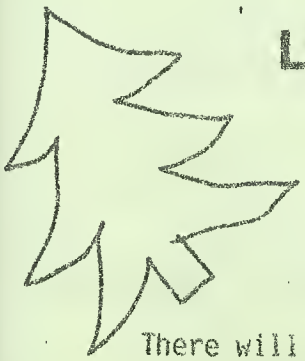
NEWSLETTER

No. 32

NOVEMBER/DECEMBER 1984

Chairman : Mrs. Ruby Brooksby
Director : Miss Mary Marshall

YOU are invited to join in a CAROL SERVICE on Sunday 23rd December at 3pm in Southwark Cathedral, London Bridge, S.E.1



There will be some transport available for people unable to make their own way on public transport.

Names to the Southwark Disablement Association office (address and telephone number above) before 12th December, 1984

Those able to make their own way will be very welcome.

The service is open to any able bodied people or disabled people.

THIS IS ALWAYS A VERY POPULAR SERVICE.

* *

This months First Aid article written by Mrs. Anne Young (centre Organiser)
British Red Cross Society, 160, Peckham Rye, London, SE22. Tel: 693 4512

POISONS AND CORROSIVES

In all emergencies involving poisoning or swallowing corrosive fluids, rapid expert attention is an immediate priority. Telephone for an ambulance immediately. If any delay is likely, wrap the casualty up, alert the hospitals and drive the casualty there yourself if possible.

GAS

1. Turn off gas and remove patient to fresh air.
2. If breathing has stopped start resuscitation and continue until medical help arrives.

POISONS SWALLOWED

Only when medical help is on the way should you attempt any treatment.

1. Remove any residue of the suspected substance from the mouth, keeping any pills, berries or fluid-soaked swabs. They will greatly assist the doctors in prescribing appropriate treatment. If the victim is conscious, try to find out exactly what has happened, remembering that he may be unconscious at any time.
2. If the casualty is already unconscious but still breathing, turn him into the recovery position so that he cannot suffocate on inhaled vomit. If he is sick, keep the result for hospital analysis, and keep also any bottles or other containers found near the victim.
3. If breathing weakens, start resuscitation immediately.
4. If the casualty is conscious, give drinks of water to dilute the corrosive but DO NOT try to force liquid into the throat of an unconscious person; you will run the risk of choking them.

The following common household substances have all been responsible for children being rushed to hospital in urgent need of treatment. All should be kept securely beyond the child's reach.

ADHESIVES, ALCOHOL, AFTERSHAVE LOTION, AIR FRESHENER, AMMONIA, ANTIFREEZE FLUID, BLEACH, BRAKE FLUID, BUBBLE BATH, CARPET CLEANER, CAUSTIC SODA, CIGARETTES, CLOTHING DYE, COSMETICS, DETERGENTS, DISINFECTANTS, DRY CLEANING FLUID, DRY ROT PREPARATION, GARDEN FERTILIZER, FIRE-LIGHTERS, FRENCH POLISH, HAIR DYE, HAND CREAM, HORMONE POWDERS, INK REMOVER, INSECTICIDE, MATCHES, MEDICINES, METAL POLISH, METHYLATED SPIRIT, MOTH BALLS, NAIL VARNISH, OVEN CLEANER, PAINT, PAINT STRIPPER, PARAFFIN, PERFUME, PESTICIDES, PETROL, SCOURING POWDER, SHAMPOO, SHOE POLISH, SILVER POLISH, SUNTAN LOTION, SURGICAL SPIRIT, TOILET CLEANER, TURPENTINE, VARNISH, WASHING POWDER, WASHING-UP LIQUID, WEED KILLER AND WOOD DYE.

Any corrosive fluid splashed into the eye must be quickly diluted by flushing the eye with water. Cover with a pad and take casualty to hospital without delay.

NEWS FROM THE S.D.A OFFICE

It was nice to see some of you at our Annual General Meeting. I hope you found it interesting. The following people have been elected to our S.D.A. Executive Committee:-

Mrs. R. Brooksby - Chairman
Mrs. J. Reilly - Vice-Chairman
Mr. Pool - Treasurer

Mrs. B. Etherington	Mr. J. Taylor	Mrs. G. Huxstep
Mrs. E. Marshall	Mr. M. Pearson	Mr. C. Lloyd
Miss K. Ellis	Mrs. A. Wallis	Miss P. Sheere
Miss M. Reardon	Miss M. McNally	

Co-opted Member - Cllr. Mrs. P. Cooper
Representing the Social Services Committee - Cllr. R. Terrett.
Representing the District Medical Officer - Dr. S. Davidson.
Representing Director of Social Services - Miss J. Webb or Miss M. Pope.

A copy of our Annual Report is enclosed for those of you who were not able to be with us on the night.

I hope those of you who came on the shopping trip enjoyed the evening and were able to get the things you needed. We had some problems this time, due to lack of helpers, but most people seemed to have a good time. The Fire Brigade were terrific as were all the helpers who came along.

Our second telephone line has been installed now so hopefully you will be able to get through to us more easily.

The adverts for the co-ordinator and clerical assistant posts for Dial-A-Ride have gone out, so some time early next year the service should be able to start. More details next newsletter.

The sad news is that KAREN NEWBURY our Advice and Resource Worker is leaving us officially at the end of December, but actually it will be before that as she has time owing to her. I am sure many of you will be grateful for her help and wish her well in her new post as Head of Access Information and Communication Section of the Disability Resource Team in the Greater London Council .

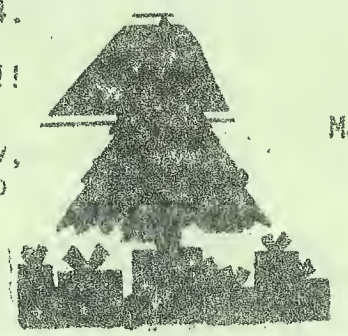
We are looking for someone experienced in the field of welfare rights with knowledge of the problems that disabled people face. Evening work is involved. A car driver is essential. The post is full time and the salary is £7,191 + £1,191 London Weighting. The Southwark Disablement Association is funded until March 31st, 1986 and application forms are available from the office. Closing date is 10th December, 1984.

We have now updated our Handbook of Clubs and Local Organisations. It is available from the office, one copy free to Southwark Disablement Members and Groups. Extra copies are 25p each.

Do not forget the invitation to the Carol Service on the front page. Closing date for transport is 12th December, 1984.

SUBSCRIPTIONS ARE DUE JANUARY 1985 !!

P.S. The office will be closed from 24th December until 4th January, inclusive. Also, there will be no further evening advice sessions on Wednesdays and no Thursday advice sessions at the Peckham Citizens Advice Bureau.



Mary Marshall

LONDON TRANSPORT REGIONAL BILL

A minor victory has been won for people with disabilities in that the London Transport Regional Bill has an amendment which states that the London Transport Regional Board must have "due regard to the transport needs for people with disabilities". Nicholas Ridley - Minister of Transport has also written to the Committee stating that the Act requires them to have regard to the needs of disabled people and to report annually on the steps that have been taken to cater for them. He expects them to keep their requirements in mind in developing equipment and co-operate with those financing special services for the more severely disabled. One member of the board is expected to provide a focal point for considering the needs of people with disabilities.

It is only a minor victory, but at least the Federation of London Dial-A-Rides have been able to persuade the government to move from having nothing in the Bill to having an amendment which though vague means at the very least the London Transport Regional Board has to annually state their intentions. It would appear therefore that the lobby organised earlier this year at which nearly 200 people with disabilities attended, met with some, although not complete, success.

DISABLEMENT SURVEY

The Secretary of Sate for Social Security has announced that a national survey of people with disabilities is to take place. The survey will be carried out by the office of Population Consensuses and Surveys. No further information is available at the time of going to press, but we will hope to keep you informed.

BRITISH TELECOM PAYPHONE SERVICES

Information is wanted from people with disabilities on the use of payphones and kiosks. The following are examples of the information required.

a) How many people with disabilities actually need to use payphones.

b) Do you have difficulty if you use a wheelchair or have a visual handicap.

c) Ideas for improvements to payphones and kiosks.

If you would like to participate, then contact: Mrs. A. Smith, SRN., SCM., HV., 114, The Boulevard, Wylde Green, Sutton Coldfield, West Midlands, B73 5JG

DISABILITY CONSORTIUM

The GLC have set up a Disability Consortium for the Greater London Area. This consortium will serve disabled people living in London in much the same way as the Womens Committee and Racial Minority Committee supports these two groups of people at present. Its role will be to advise the GLC on how best they can serve people with disabilities living in London. It will have advisory committees in various areas such as Leisure - Access - Housing and Transport. S.D.A. has a voice on this consortium and if you have any matters you think the consortium should consider, then please do let us know.

AUTOMATIC PUBLIC CONVENIENCES

A new automatic public toilet has been designed that will accommodate somebody in a wheelchair. So maybe if Southwark Council are thinking of extending their public toilet services they will consider using the Disabled Persons Convenience (DPC) as it is known.

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT ANY RESPONSIBILITY FOR EQUIPMENT OR SERVICES MENTIONED IN THEIR NEWSLETTER.

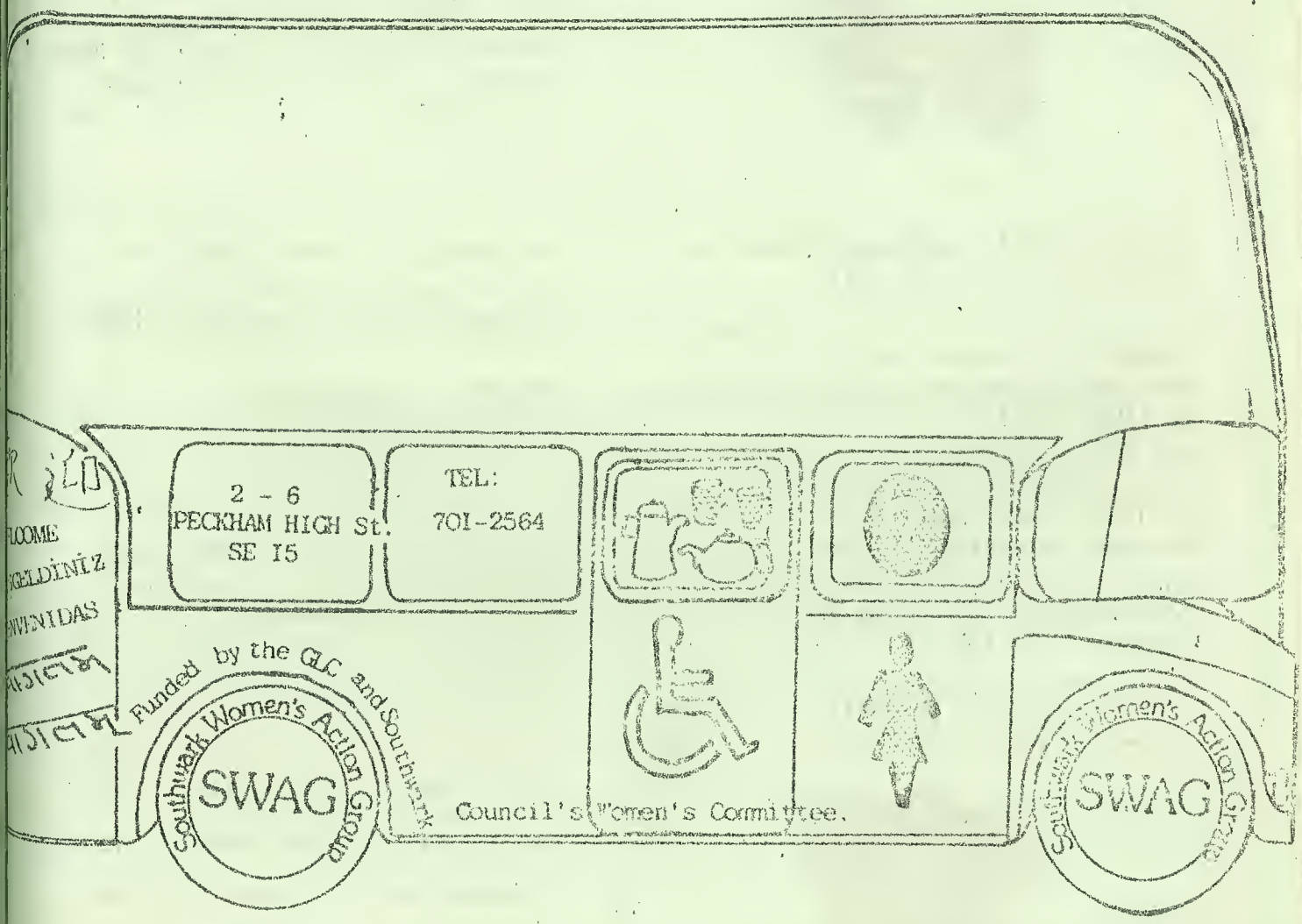
****

WOMEN IN SOUTHWARK

This year Southwark Womens Action Group has set up two projects for women: Southwark Womens Centre occupies three shop fronts in 2-6, Peckham High Street, SE15, and had its opening day in July. There is a creche, a drop in room where you can have a cup of tea or coffee, an office, and a meeting room. The Centre is wheelchair accessible. The Centre also has cheap photocopying and free use of typewriters, and other equipment to enable groups to make leaflets etc. Lots of groups have started to use the centre, and there are now regular activities at the centre, for example:- a knitting group on Monday afternoons or the health group on Thursday afternoons. If you want more information about activities, please ring Jane or Madlin on 701 2564, the Centre is open between 10-4pm weekdays.

The other project is the Mobile Womens Centre. You may just have seen a bright yellow double decker bus driving along Southwark Streets. In recent weeks we have started visiting estates in the Borough and are gradually building up the programme to include visits to schools. We can organise advice sessions, health or child care sessions and if you would like us to come to your area please do contact us.

The bus can be used for meetings/discussions, showing videos, drop-in, classes etc. There is a coffee bar, meeting area, creche, typewriter, library books and information board, and the bus is wheelchair accessible to the lower deck.



NEWS FOR VISUALLY HANDICAPPED PEOPLE AND THOSE WHO HAVE DIFFICULTY IN HOLDING PRINTED BOOKS

THE CALIBRE CASSETTE LENDING LIBRARY

The library has a wide range of recorded literature available on cassette e.g. novels, travel, adventure, thrillers, science fiction and texts on health, home and garden.

In order to join as an individual you need a doctor's certificate. Membership is free but donations are encouraged. Individual members may take out two books at a time. Hospitals, homes, schools and similar organisations pay £30 for group membership.

Further information is available from: Calibre, Aylesbury, Bucks HP20 1HU. Tel: (0296) 32339 and 81211.

R.N.I.B. PUBLICATIONS AVAILABLE

R.N.I.B. produces a braille Radio Times and a braille T.V. Magazine with details of programmes on BBC1 and 2, Channel 4 and I.T.V.

To receive either publication contact Publications and Magazines, R.N.I.B., 224, Great Portland Street, London W1.

BIRTHDAYS AND CHRISTMAS IN BRAILLE

Anyone who wants a braille message for a blind person's anniversary, birthday or other occasion can send the card of their choice to: Customer Liaison, R.N.I.B., Braille House, 338/346, Goswell Road, London, EC1V 7JE. This is a free service but you must send a s.a.e. They also have a range of ready-brailled Christmas cards to which can be added a personal message. A similar service is provided for MOON readers by R.N.I.B'S Moon Branch, Holmesdale Road, Reigate, Surrey, RH2 OBA.

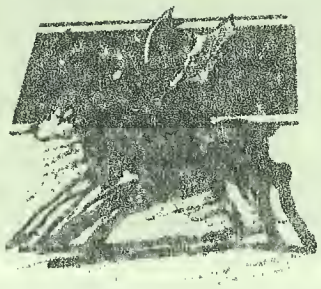
'ELECTROREACH' READYMADE DEVICE FOR RAISING AN ELECTRICAL POINT

This power unit is designed to help elderly or disabled people who have difficulty using an electrical point at floor level.

The manufacturers claim that the unit can be installed in under fifteen minutes without needing an electrician. The unit is available from:

Yorke Associates Ltd., Suite 'L', Orient House, 42-45 New Broad St., London, EC2M 1QY.

Price including packaging, postage and VAT is £14.85 per unit. Please allow 21 days for delivery.



THE DISABLED LIVING FOUNDATION -

will be moving into new premises by December 18th. The new address will be:-

380/384, Harrow Road,
London, W9 2HU.
Tel: 01-289 6111

SEAT BELTS FOR DISABLED MOTORISTS

RADAR is undertaking a research project funded by the Department of Transport to assist disabled motorists to conform with seat belt legislation by overcoming some of the present difficulties, to examine the medical aspects of exemption and to look at the Regulations and comment on them in the light of this research. If you have difficulty using seat belts and have any information or comments contact: John Isaacs, Research Officer, RADAR, 25, Mortimer Street, W1N 8AB. Tel: 637 5400 ext.216

This letter may interest wheelchair users who may want to take advantage of the offer.

'A wheelchair user bought a pair of 'track mitts' (cycle gloves) from us and we were wondering if other people were aware that this sort of glove was available. To try and describe them, they are made from toweling or knitting on top, the underneath is made from padded 'gripping' leather and they leave the top part of the finger uncovered. They come in small, medium and large - these are men's sizes so slightly on the large size in each size and prices vary from £5.60 to £10 depending on quality.

If you would like to mention them in your newsletter, we can send them to anyone free post and packaging. Or, if someone would like to see how suitable they think they are or which are most suitable, please do come to look at them'

This letter comes from: Lunar Cycles, 13, London Road, London, SE1, Tel: 261 0602.

SIR DOUGLAS BADER FLYING SCHOLARSHIPS

Six scholarships will be awarded in 1985. Candidates should be young disabled people between 17-40, reasonably mobile and able to communicate. They will attend a six week residential flying course at a CAA approved flying school which could in turn lead to a full Private Pilot's Licence being issued.

Further details from: The Secretary, Sir Douglas Bader Flying Scholarships, International Air Tattoo, Building 91, RAF reenham Common, Newbury, Berkshire RG15 8HL.

Closing date for applications - 1st January, 1985.

ASSOCIATION TO COMBAT HUNTINGDON'S CHOREA

The Christmas meeting of the London Branch will be on Tuesday 4th December at 7pm in the Centre for the Handicapped, 10 Warwick Row, SW1. Doors open at 6.30pm for the meeting at 7pm.

7.00pm Welcome by Chairman Judy Sanderson. Current News and Election of Committee.

7.30pm Mrs. Ann Duncombe, Matron of the Sue Ryder Home at Stagenhoe, which, will be providing a special wing for the long-term care of those with HC

This will be followed by discussion and refreshments (no charge but a collection to be taken).

There will be a raffle and bring and buy stall, and pens etc will be on sale.

If any member would like to attend this meeting but is prevented because he or she is caring for a relative please let me know. We may be able to help by providing a 'sitter'.

The Committee wishes it to be known that no-one should be prevented from attending because of the cost of travelling. Expenses may be claimed by having a confidential word with Ann Johnston, Treasurer, at the meeting.

The Secretary of the Association is Miss Pat Goffron, 38, Cicada Road, London S.W.18 2NW. Tel: 874 9633

* * * * * * * * * * * * * * * * * * * *

ALL THE STAFF OF THE S.D.A. WISH YOU ALL A VERY MERRY CHRISTMAS AND A HAPPY AND HEALTHY NEW YEAR

Available from the Southwark Disablement Association office are the following notices produced by RADAR for cars obstructing disabled people's vehicles.

This is not a ticket
but a reminder

THAT YOU ARE PREVENTING

DISABLED PEOPLE FROM USING

THE FACILITIES WHICH HAVE

BEEN PROVIDED FOR THEM

An article in the SAGA Magazine, published by Saga Holidays (who arrange holidays for retired people) claims that the DHSS know that there are some women, now aged 60-65, entitled to a pension of their own if they worked for only about five years during the last war. However, the DHSS cannot give it to them as their current names and addresses are not known.

You may be one of them if:

* You worked at any time between January 1946 and 5th July, 1948, and
* You worked for about five years before 1946, and
* When you worked you paid full contributions into a state pension scheme.

You must fulfil one other condition. You must have been born after 5th April, 1919. If you are older than that, different rules apply which mean you cannot get a pension from these contributions alone. And, of course, you must be at least 60!

If you are entitled to a pension of your own on these contributions it cannot usually be paid on top of a pension you may already be receiving based on your husband's contributions. In many cases it may be worth claiming anyway especially if your husband pays tax as it may reduce his tax bill. Widows will not usually be helped.

The women who will really benefit from these pensions are those who have a husband who does not get a retirement pension.

If you think you may qualify contact your local DHSS office with you National Insurance number. Pension can be backdated for twelve months.

* * * * * * * * * * * * * *

NEWS IN BRIEF

SURGERY TIMES !

Simon Hughes, MP., has sent times, places and dates of his Advice Sessions to the S.D.A. office. However, he has a 24 hours answerphone, 237 3745 and messages are collected daily

****

FASHION SERVICES FOR THE DISABLED -

Ashley Lane, Shipley, Yorkshire, Tel: Bradford 597487 run a dress making service for those people with disabilities unable to buy 'off the peg' clothes. If you provide the meaurements etc. by post they will provide a garment that will fit and be comfortable to wear. No prices are available, so you should contact them for further information.

****

SOUTHWARK TAXI CARD HOLDERS ASSOCIATION NEWS

The social for the SE15 area took place in September, some people who had wanted to come could not because they were unable to get a taxi in time. We were pleased to see those who did make it.

The Annual General Meeting has had to be put back to the 29th November 6.30-9pm in the Aylesbury Day Centre and we hope to see many of you there. Don't forget to book your taxis in good time and to book a return journey when you phone to book the taxi. Taxis should be ordered to collect you from the centre for 9pm.

Problem forms are available if you are having trouble with the taxis. You should fill one in and send it to the GLC or write them a letter, otherwise they do not know the problems you are experiencing. Their address is:

Ian Appleby, Room 594,
G.L.C. The County Hall, SE1

We hope that you have all filled in your nomination forms for the new committee and returned them to us and we will let you know the new committee next time. Those of you who can, I hope will support us by coming to the meeting. Subscriptions will be due at the Annual General Meeting, £1 per person. Please send them to SDA office, Room 48, Aylesbury Day Centre, Boyson Road, SE17 and mark the envelope : SOUTHWARK TAXI CARD HOLDER ASSOCIATION

→ → → → →

ACCESSIBLE TOILETS

There are now several branches of Marks and Spencer that have accessible toilets for customers with disabilitie we have a list in our office if you want a copy.

****

NEWS FOR THE DEAF

The London Centre of the Breakthrough Trust for Deaf-Hearing Integration, whose address is :

The Hall, Peyton Place, Greenwich, SE10 8RS, Telephone and Vestel: 01-855 5661, are appealing for old Christmas cards towards their fund raising .

Please contact them direct for details of their advice service, classes, social groups, sports events, trips, communication courses. They are there to help you if you are deaf or hard of hearing. Volunteers are needed to.

They are exploring the idea of having a Weekend away in 1985 for deaf and hearing people to discuss managing their lives at home, at work and socially. The Weekend would include discussion on:

Communication & techniques.
Recurring communication problems.
Being more assertive or positive.
Problems of deaf and hearing wives and husbands male & female friends.
Attitudes towards deafness.
Problems at work.
Other aspects.

The Weekend is intended for those deaf and hearing people who enjoy discussion They will use flipcharts and overhead projectors to aid concentration. There will be activities etc. as well.

If you are interested please contact the London Centre.

****

Any cheques or postal orders should be made payable to SOUTHWARK TAXI CARD HOLDERS ASSOCIATION .

Hope to see you on the 29th November.

Josie Reilly -
Chairman

BENEFITS PAGE

These new rates came into operation on 26th November, 1984.

SUPPLEMENTARY BENEFIT - per week

	BASIC RATE	LONG TERM RATE
Married couple	£45.55	£57.10
Single House holder & Blind non Householder 18+	£28.05	£35.70
Any non-householder of 18+	£22.45	£28.55
Age 16 - 17	£17.30	£21.90

DIET ADDITIONS

Lower rate	£1.55
Higher rate	£3.60
Haemodialysis (those on kidney machines)	£10.35

HEATING

Lower rate	£2.10
Higher rate	£5.20
Disabled persons Heating addition	£5.20

INVALID CARE ALLOWANCE £21.50

THERAPEUTIC EARNINGS

The amount you are allowed to earn on Invalidity Benefit is to be increased £22.50 to £23.50 per week.

INDUSTRIAL DISABLEMENT AND WAR PENSION £58.40

MOBILITY ALLOWANCE £20.00 pw

STANDARD SICKNESS BENEFIT

Single Person under pension age	£27.25
Wife or other adult dependent	£16.80
Over Pension age (single person)	£34.25
Wife or other adult dependent	£20.55

CHILD BENEFIT £6.85

ONE PARENT BENEFIT £4.25

ATTENDANCE ALLOWANCE

Lower rate	£19.10
Higher rate	£28.60

CHRISTMAS BONUS (week to be paid 8th December) £10.00

INVALIDITY BENEFIT

Increase in age allowance (date of increase 29th November).

up to 40 years of age	£7.50
up to 50 years of age	£4.80
up to 60 (men) 55 (women)	£2.40
Single rate of invalidity benefit	£34.25
Spouse or Adult Dependent	£20.55

N.C.I.P. and H.N.C.I.P. will be replaced from November 26th 1984 by S.D.A. (Severe Disablement Allowance) - explained in last newsletter

UNEMPLOYMENT BENEFIT

UNDER PENSION AGE

single person	£28.45
wife or adult dependent	£17.55

OVER PENSION AGE

single person	£35.80
wife or adult dependent	£21.50

RETIREMENT PENSION/WIDOWS PENSIONS/WIDOWED MOTHER'S ALLOWANCE

Single - £35.80 wife or adult dependent - £21.50

An age addition of 25p is payable to retired persons who are aged 80 or over.

Earnings limit for retired persons £70.00

SPORTS PAGE

BRITISH SPORTS ASSOCIATION FOR THE DISABLED OPEN SPORTS DAY AT THE LADYWELL CENTRE

29th September, 1984

The Southwark Phoenix Club entered a team to represent Southwark in the Annual B.S.A.D. Open Sports Day. Congratulations to the following people who won medals.

Anna Losinski	Gold	Darts
Jim Sutherland	Gold	Pistol Shooting
Steve Thoms	Gold	Discus
Steve Thoms	Gold	Rifle Shooting.
Margaret McNally	Silver	Pistol Shooting
Jock Beedie	Silver	Darts

WELL DONE EVERYONE !!!

Hopefully the next games will be in May 1985, so you have got plenty of time to practice for them.

A DARTS LEAGUE has just started in the Aylesbury Day Centre, hopefully in the New Year we will start a second division so anyone interested in taking part in the league should let me know as soon as possible.

THE TOKEI JUDO KWAI CLUB OF MAGDALENE STREET, SE1 have offered to start Self Defence Classes for disabled people. If you would like to do some JUDO, AKIDO or KARATE let me know. It does not matter if you are in a wheelchair or on crutches because there is at least one of the martial arts that can be learnt and used by Disabled People.

We hope to start the Wheelchair Prociciency Awards again in the New Year, so anyone interested in competing for the Bronze, Silver or Gold Awards please contact the S.D.A. Office.

* * * * * * * * * * * * * * * * *

BATRICAR in good condition and insured - £175. Please contact:-
Mrs. Warren, 67, Raymouth Road, Pedworth Estate, SE16. Tel: 237 9950 or (Mr. Warren 231 7236). Owner collects.

SHARP CAR RADIO/CASSETTE STEREO WITH PIONEER SPEAKERS - £25

2'6" DIVAN BED ON EASY MOVE CASTERS PLUS HEADBOARD. VGC - £20

For either the bed or car radio/cassette contact Maureen at the S.D.A. office

* * * * * * * * * * * * * * * * *

CRUSOE CLUB FOR THE BLIND - meets Tuesday/Friday 10-2.30 pm. They would like some new members. On Tuesday the group does POTTERY. on Fridays they do SINGING Tea/Coffee and lunch are provided at a cost of 41p. Occasional outings in the summer. Contact Peggy Lloyd, Tel: 928 9521 ext 30 Tues & Fri. Home Tel: 928 9897.

CONTENTS

	PAGE
Invitiation to Carol Service	1
First Aid Article 'Poisons & Corrosives'	2
News From the S.D.A. Office	3
London Transport Bill	4
Disablement Survey	4
Disability Consortium	4
British Telecom Payphone Services	4
Automatic Public Conveniences	4
Women in Southwark	5
News for the Visually Handicapped	6
'Electroreach' Readymade Device for Raising an Electrical Point	6
Disabled Living Foundation	6
Seat Belts for Disabled Motorists	6
Letter on 'Track Mitts'	7
Sir Douglas Bader Flying Scholarships	7
Association to Combat Huntingdon's Chorea	7
RADAR Tickets for Cars	8
Women's Pensions	8
News in Brief	9
Benefits Page	10
Sports Page	11
Membership Form	Back Page

MEMBERSHIP

If you would like to become a member of SOUTHWARK DISABLEMENT ASSOCIATION and receive our newsletter, which is published every two months, please send £1.00 annual membership fee if you are an individual or £4.00 membership fee for organisations, clubs or groups.

If you pay the £4.00 organisation fee, you can receive more than one copy of the newsletter, but no more than fifty, for distribution amongst your members. Let us know how many you need (see bottom of form).

Please complete the form overleaf and return to - Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Road, London, SE17 2BA. Telephone: 701 1391.

Existing members are reminded their subscriptions are now due for renewal.

You may notice we have updated our membership form. We hope you do not mind us asking for the extra details but this is in order to arrange future events with every age group in mind and to give us a better idea of who our memmbers are.

Thank you for your help.

* * * * * * * * * * * *

MEMBERSHIP FORM

NAME :

ADDRESS :

TEL. NO. :

INDIVIDUAL MEMBERS

Have you a disability YES/NO

Please tick which age group you are in:-

under 25	25 - 40	40 - 60	Over 60

Do you attend the Aylesbury Day Centre YES/NO

GROUPS

State Name of Group

Please state roughly how many members you have in each age group.
This applies to disabled members only.

under 25 Total	25 - 40 Total	40 - 60 Total	Over 60 Total

How many members of the group are disabled?

Please give name and address and telephone number of the person to receive newsletters:-

NAME :

ADDRESS :

TEL. NO. :

Number of copies required:-

I enclose £1 £4

Please delete as appropriate.

Signed.....Date.....

SOUTHWARK DISABLEMENT ASSOCIATION

Room 48, Aylesbury Day Centre,
Boyson Road, London, SE17 2BA
Tel: 701 1391

NEWSLETTER
No. 32 JANUARY/FEBRUARY 1985

Chairman : Mrs. Ruby Brooksby
Director : Mary Marshall

HAPPY NEW YEAR !

We apologise that the production of this newsletter has been delayed due to shortage of staff in the Southwark Disablement Association office. We hope you will enjoy reading it - 'better late than never !'

We thank all those who have renewed their subscription to the S.D.A. for this year and look forward to receiving 'subs' from those of you who have not yet re-joined or indeed never joined ! As this is our LAST FULL YEAR of the present funding let us have a bumper membership. Join now. Help us to prove that we are well supported by people with disabilities in the borough.

OFFICE open for advice on : MON and FRI 1.30 - 3.30pm
WED 10 - 12 am.

* * * * * * * * * * * * * * * *

HAPPY NEW YEAR

FIRST AID ARTICLE

Provided by Mrs. Anne Young (Centre Organiser) British Red Cross Society, 160, Peckham Rye, London, SE22 Tel: 693 4512

CUTS

1. In the case of wounds with severe bleeding, the aim is to stop bleeding immediately and get medical aid.
2. If wound is dirty, if possible wash the wound with running water from the middle outwards.
3. Raise the injured part and support it in position, unless an underlying fracture is suspected.
4. Control bleeding by direct pressure over a clean dressing, or by holding sides of wound together.
5. DO NOT apply pressure to the wound if there is a foreign body present or if the wound is associated with a fracture, but press alongside.
6. Cover the dressing with a bandage.
7. If bleeding continues add more pads and bandages.
8. Immobolise injured limb with a sling or by tying the injured leg to the uninjured one.
9. Remove to hospital. In the case of wounds caused by road accidents or in gardens, always seek medical advice as protection against tetanus may be needed.

NOSE BLEED

1. Sit patient with head slightly forward and instruct him to breathe through his mouth. Loosen any tight clothing around neck.
2. Tell him to pinch firmly the soft part of his nose for about ten minutes.
3. Warn patient not to blow nose for several hours and tell him not to disturb the blood clot.
4. If bleeding continues or recurs seek medical advice.

* *

NEWS FROM D.H.S.S.

There may be help for people receiving supplementary benefit to assist with their fuel bills as a result of the very bad weather.

Forms available from D.H.S.S. offices. S.D.A. have a limited supply.

You can get help if:-

Your fuel bills are higher than you expected because you have used extra fuel during the recent exceptionally severe weather; AND

The money you have put aside for fuel is not enough to pay the bill.

But you CANNOT normally get help if you have savings of over £500 (you can only get it if your extra savings above the £500 limit are not enough to pay for the additional fuel you used).

* *

RESISTERS

Resisters is a womens theatre group based in Southwark.

We are setting up workshops for end of February and throughout March for women with disabilities.

The workshops will be lots of fun - using whatever we have got - voices, wheelchairs, sticks, spirit etc. to share experiences and feel stronger together

We will be learning self-defence, drama, singing, drawing and talking a lot !

We want to hear from you if you are interested in coming to a workshop or would like us to visit you. Transport will be arranged.

Please telephone Pam on 01-707 5579

* *

We are pleased to print an article sent to us from 'TALKING BOOKS FOR THE HANDICAPPED' which explains the work they do.

'Southwark is the home of a national charity which helps disabled people of all kinds to experience the pleasure of reading. Those who find it difficult or impossible to read in the usual way can join the National Listening Library and choose from well over a thousand full-length books, recorded on tape by professional actors and acresses. The titles include children's stories, factual books and both classical and popular fiction. A Special tape-player is loaned to 'readers', who pay a subscription of £15 a year to cover postage costs etc. This charge is recoverable from the D.H.S.S., who can provide the application forms for membership. These must be signed by a G.P. to confirm that the applicant is prevented from reading by some kind of handicap.

All kinds of people find us a blessing, whether their handicap is physical, mental or visual. (For those who are totally blind, the R.N.I.B. runs a complementary service). Many hospitals also provide this service for those who are permanently or temporarily disabled.

For further information contact the National Listening Library, 12, Lant Street, London, SE1 1QR. Telephone number 407 9417

* *

STOP PRESS

PAVEMENT PARKING - we are enclosing a leaflet with this newsletter which explain to motorists that they are liable to be fined for parking on the pavement. More are available from our office or the GLC.

NEW sports club for disabled people at :-

Colombo Street, Blackfriars Road, London, SE1

A leaflet about this is enclosed. It is being held on Monday evenings from 8 - 10. There may be some transport available. Telephone:- 261 1658 for more details.

* *

THE SPASTICS SOCIETY 1985 ANNUAL LITERARY CONTEST

There are two categories, junior (up to age 16) and adult, each offering three sections: general interest, fiction and poetry. Prizes are £15 and £25 for junior winners and £50 and £100 for adults.

Entries will also be considered for the Jeffrey Archer Award (£250 and a trophy) for writing that shows 'outstanding literary talent'

Entry forms are available from:

Nina Heycock, Richard House, 30-43, Mortimer St., London, W1N 7RA

to be returned by 4th April.

* * * * * * * * * *

CHANGE OF ADDRESS for the DISABLED LIVING FOUNDATION :-

380/384, Harrow Road,
London, W9 2HU

Tel: 289 6111

* * * * * * * * * *

CHANGE OF ADDRESS for SOUTHWARK ENTERPRISE : for the Employment of People with Disabilities

42, Braganza St.,
London, SE17

Tel: 582 8555

* * * * * * * * * *

DHSS MODEL 8 WHEELCHAIR RANGE

A new accessory, the 'one-way brake' can now be fitted to any of the wheelchairs in the DHSS Model 8 range. It may be recommended for wheelchair users who often have to negotiate hills, sloping corridors or ramps as it enables people using self-propelling wheelchairs to pause on a slope without rolling backwards. The brake is now available and any further information can be obtained from your nearest Artificial Limb and Appliance Centre which is River House, 53-57, High Street, Kingston-upon-Thames, Surrey.

Telephone: 546 1011

* * * * * * * * * *

KNITTERELLA ONE-HANDED KNITTING AID

This is to enable people to knit using only one hand. Made up of two rows of pegs round which you wind the stitches then lift the stitches over with a hand held hook. It can be used with most yarns and can also knit patterns.

Each of these knitting machines costs £14.95 including 4 introductory patterns and instructions. There is also a £2 charge for postage and packing. Knitterella also market further sets of patterns at £1.50 per set.

For further information contact:

Knitterella Ltd., 21a, Kingsland High St., London, E8 2JS

* * * * * * * * * *

CHANGE OF ADDRESS for ARTSLINE :-

5, Crowndale Road,
London, NW1 1TU

Tel: 388 2227/8

MON - FRI 10 - 4 pm
SAT 10 - 2 pm

* * * * * * * * * *

MOBILITY ROAD SHOW 1985

This will be on 13th, 14th and 15th June at the Transport and Road Research Laboratory, Crowthorne, Berkshire.

Major motor manufacturers will lend vehicles to be taken out on the test track by disabled visitors with full or provisional licences. There will also be electric wheelchairs, adapted vans and equipment like hoists and hand controls on display.

Admission is free.

For further information contact:-

The Department of Transport,
Room S13/09,
2, Marsham Street, London, SW1

Tel: 212 5257

* * * * * * * * * *

CLUB ARTICLE

This months club article is from Peggy Lloyd, organiser of the Crusoe Club for the blind, and they are looking for NEW MEMBERS !

'Crusoe Club for the Blind meet Tuesdays and Fridays at Blackfriars Settlement in Nelson Square. We have sixteen members, some attend both days, others come only one day. Tuesdays we have a Tutor from Morley College who instructs them in pottery which they keep when it is finished. Fridays we also have a Tutor from Morley College who plays the piano and teaches the club members to breathe correctly when they are singing.

Members who wish to do so knit strips in various colours, the strips are collected by a lady who lives locally who stitches the strips into blankets for Save The Children Fund. The lady who collects the finished blankets gives a talk now and again about where the blankets are sent.

Some good friends of the club raise money to take the club members out, they went to Brighton in the summer. The W.R.V.S. from Burpham near Guildford invited the Club out to their meeting place for the day. We had a very good Christmas lunch in John Marshall Hall.

We have five voluntary helpers across the two days, transport is provided by Southwark Social Services, lunches come from Southwark kitchens.

We would welcome a few more members on Tuesdays.'

* * * * * * * * * * * * * *

FOR SALE

These details are from Ealing Association for the Disabled.

Adapted Matr Rancho for Disabled

'W' registration, metallic green, 14,000 miles. Immaculate condition. Adaption on the right hand side using a hydraulic system. Takes one wheelchair, without losing any seats - 4 can be seated, including the wheelchair.

Offers invited around £6,500 o.n.o.

BEC Slimline Electric Wheelchair - £500 o.n.o.

Including new special proportional controller. New batteries. Indoor/outdoor chair. Perfect condition, recently overhauled. Suitable for teenage/young adult.

For both these items contact: Mrs. Carter, 11, Millett Road, Greenford, Middx. Tel: 578 0910

* * * * * * * * * * * * * * * * * *

NEEDED by the Breakthrough Trust for Deaf-Hearing Integration, London Centre, The Hall, Peyton Place, Greenwich, London, SE10 8RS - OLD CHRISTMAS CARDS

and

by the W.R.V.S. - men's clothes, shoes and blankets, contact W.R.V.S. 213, Camberwell Road, London, SE5, Tel: 703 9118 if you can help.

NEW SPORTS POST FOR MENTAL HANDICAP ASSOCIATION

The United Kingdom Sports Association for People with Mental Handicap has appointed Mark Southam as its first full time national officer.

From January 1st, 1985 he can be contacted at the new offices of the United Kingdom Sports Association for People with Mental Handicap, Hayward House, Barnard Crescent, Aylesbury, Bucks. Tel: 0296 27889.

* * * * * * * * * *

THE SOCIETY OF ONE-ARMED GOLFERS

This association has no restriction on membership although all its competitions must be played using only one hand. Its main activities are the Annual Championship, usually a week in June of golf and social events and Autumn Regional Meetings. The Society produces a newsletters and has membership worldwide.

Applications and further information available from: The Honorary Secretary and Treasurer, Society of One-Armed Golfers, 11, Coldwell Lane, Felling, Tyne and Wear, NE10 9EX

* * * * * * * * * *

GUIDE TO SERVICES FOR HEARING IMPAIRED PEOPLE

This is available from the London Centre of the Breakthrough Trust or by sending a 10" x7" self-addressed envelope with a 17p stamp to : Breakthrough Trust, The Hall, Peyton Place, Greenwich, London, SE10 8RS.

* * * * * * * * * *

WOMEN'S DAY - 8th MARCH, 1985

There will be a range of activities at the Women's Centre, 2-6, Peckham High Street, London, SE15, during the afternoon and evening. These include dancing, music, different types of food to sample and many other activities.

For further information contact:-

Jane Armstrong or Madhu Patel on 701 - 2564

NEW ORGANISATION FOR THE DEAF

A new association for people who have lost all useful hearing since learning to speak had its first meeting in November, 1984. The National Association for Deafened People aims to provide information and advice through its newsletter and contact between members, encourage formation of local groups, increase public awareness, support research and promote rehabilitation, education, retraining and employment opportunities.

Membership is not confined to the the deafened but is open to anyone with an interest in helping the deaf. Annual subscription is £2.50 per annum (£1 for those on low incomes) including quarterly newsletter.

Further information from :- Anthony Turner Esq., Hon. Secretary, National Association for Deafened People, Flat 4, 12, Jenner Road, Guildford, Surrey GU1 3PL.

* * * * * * * * * *

BETTER LIFE GROUP CAMPAIGN - begun in

Sheffield, the campaign to persuade DHSS to issue a self-propelled indoor/outdoor powered wheelchair is now nationawide. Contact:-

Ms. Kath Savage, Chairman,
Better Life Group, 4, Hall Park Head,
Long Lane, Stannington, Sheffield
S6 5QT.

Tel: Sheffield (0742) 334709

* * * * * * * * * *

VERTEX - TYPEWRITERS FOR NON PROFIT-MAKING ORGANISATIONS

They can offer a wide selection ranging from compact typewriters to word processing systems.

For further information contact:-

Vertex Rentals Ltd.,
Barwell Trading Estate,
Leatherhead Road, Chessington,
Surrey KT9 2NY

Tel:- 391 1909

* * * * * * * * * *

NEWS FROM THE S.D.A. OFFICE

We have now been without an Advice Worker since the end of November. Unfortunately the person we offered the job to, before Christmas, has turned it down and we have had to re-advertise. Closing date the 11th February.

In the meantime Mary has been doing this work alongside her own and Stephen's. This is because Stephen has been away from the office on sick leave since Jan 16th. He had to go into hospital for treatment for an ulcerated foot and is still having treatment at home.

Mary and Maureen are therefore hard pressed at the moment - hence the lateness of this newsletter.

The Carol Service in Southwark Cathedral seemed to be enjoyed by everyone who attended. Despite the wet weather everyone arrived in good time.

We have been updating our information 'library' and assembling it in some order. We hope to be able to give you an idea in our next newsletter exactly what information we have and the publications we regularly receive. We also hope to do a feature on holidays next time.

The Independent Living Schemes sub-group of the S.D.A. continues to meet regularly and is at present trying to obtain funding to get this off the ground ! If you are disabled and are interested in trying to leave home or residential accommodation to live independently in the community with or without the aid of another person or other services, we want to hear from you. It is very important that disabled people have a say in the scheme from the beginning. Please contact MARY if you are interested.

The Dial-A-Ride sub group continue to meet too. The Dial-A-Ride co-ordinator, Amanda Shimeld will commence work on 18th February and will be based at our office until the premises are finalised at Braganza Street. Two vehicles are on order. The other staff have to be advertised for and appointed. It will be a couple of months at least before the service can be put into operation.

I am pleased to say that the 'Handbook of Services and Benefits for People with Disabilities in Southwark' has now been received from the printers. We will begin distributing it as soon as we can. It will cost £1. *

You will see on page 10 our statistics for last year. These will give you some idea of the volume of work we deal with.

DO YOU NEED HELP for small jobs including decorating or would you like an occasional visit or taking to the shops sometimes ? We are trying to get together our own small group of VOLUNTEERS and we are in touch with an organisation who can do jobs for elderly or disabled people.

We cannot guarantee being able to help but do contact us and we will do what we can.

We would like to run the WHEELCHAIR PROFICIENCY AWARD scheme again and have use of premises, all we need now is disabled people in wheelchairs to take part - there are three awards, Bronze, Silver and Gold. The few people who took part got their bronze and silver awards, so come on let us have some recruits ! Times to be arranged.

SPORTS NEWS

* - The SOUTHWARK PENGUINS swimming club continues on Saturday afternoons in Rotherhithe Baths.

* - BOWLS AND FISHING will be available again soon. Transport provided. We want lots of disabled people to take part not just the same few who turn up for everything, so names to our office if you are interested.

* The South East London Branch of the British Sports Association for the Disabled will be having their Annual General Meeting on the 27th March. Individual subscriptions for the year are 25p, or £1, if you want regular information on their events. Subs to Mr. Duhig, 2, Rutherglen Road, London S.E. . OXU. All are welcome at their Annual General Meeting which will be held at West Greenwich House.

They are seeking new Committee Members.

* * * * * * * * * * * * * * *

* Southwark Taxi Card Holders

* We were pleased to see those of you who were able to come to our Annual General Meeting. Despite the difficulties in getting taxis many of you came and supported us, 'for which we thank you.

Lynda Chalker came and addressed the meeting and expressed her support for transport schemes for people with disabilities. Martin Bould from Federation of London Dial-A-Rides also spoke as did two officers from the GLC - Ian Apperly and Brian Howard. The GLC are aware of the problems many of us are having in obtaining taxis.

Our new committee had to cancel their first meeting in January due to the bad weather, but we are still available daily to take problems and views on 701 1391. It is important to let us know (or the GLC) the difficulties you are having. Brian Howard has promised a representative from the GLC will attend our committee meetings in the future, so we will be able to put all the points to him direct.

These people are your committee for 1985:-

Chairman	Mrs. Josie Reilly
Vice Chairman	Mr. Jim Sutherland
Treasurer	Miss Joyce Richards
Secretary	Mr. Jim Whitley
Ass. Secretary	Miss Margaret McNally
Membership Secretary	Mrs. Wendy Oddy
Ass. Memb. Secretary	Mrs. Nora Foley

Committee

Roger Brooksby
Mary Reardon
Sylvia Wright
Bob Noakes
Dianne Sturmer
Barry Helier
Sean Clancy

Ex-Officio Members

Mary Marshall, S.D.A.
Brian Howard or representative from GLC

Thank you, all those who have sent their subscriptions in - SENT YOURS ? if not send it now to Southwark Taxi Card Holders Association, Wendy Oddy, Membership Secretary, c/o Room 48, Aylesbury Day Centre, Boyson Road, SE17 2BA

Josie Reilly - Chairman

SOUTHWARK DISABLEMENT ASSOCIATION

STATISTICS FOR THE YEAR 1984 - please see page 10

These statistics could not have been kept without the efforts of Josie Reilly, Vice-Chairman of SDA, who works in a voluntary capacity in office.

The monitoring book is maintained chiefly by her and kept up to date as time allows by other members of staff and volunteers. It is therefore not 100% accurate and is an under-estimate rather than an over-estimate.

Staff

Two full time and one part-time and one full time sports and leisure worker.

WORK OF THE ASSOCIATION OFFICE

We provide an advice and information centre to people with disabilities and their families and other workers in the field of disability. There is no set pattern to enquiries and some are one-off requests for information, while others require a long-term involvement necessitating much follow-up work.

We have specific times for advice sessions but these do not always work as often people want and need instant counselling or advice.

People contacting us or calling to see us are not always doing so for advice and information as we are involved in other work and projects which involve much organising and many meetings.

The statistics quite clearly show that the SDA although small is a very busy office and is making every effort to be in touch with disabled people and other organisations in order to improve the quality of life of local disabled people.

I hope these figures will be read with interest. PLEASE TURN OVER

* *

WE WANT TO HEAR FROM YOU !!!!!

Please send us news of your club or organisation, your experiences or any information you have read or seen that may be of interest to others. We are always pleased to hear from you. Please note the following deadlines.

MARCH/APRIL	-	Closing date for items, 1st March
MAY/JUNE	-	Closing date for items, 3rd May
JULY/AUGUST	-	Closing date for items, 5th July
SEPTEMBER/OCTOBER	-	Closing date for items, 6th September
NOVEMBER/DECEMBER	-	Closing date for items, 1st November

All these dates are subject to aleteration if circumstances change.

* *

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT RESPOONSIBILITY FOR EQUIPMENT OR SERVICES MENTIONED IN THEIR NEWSLETTER

SOUTHWARK DISABLEMENT ASSOCIATION

1984	Phone calls Received	Callers into Office	Internal Mail Sent	Letters Received	Letters Sent	Phone Calls Made
JAN	480	327	92	237	372	224
FEB	286	252	9	234	127	204
MAR	326	223	73	152	513	217
APR	315	258	154	211	473	257
MAY	365	182	111	250	463	282
JUN	504	180	57	170	214	310
JUL	268	174	169	184	439	339
AUG	240	128	103	206	500	168
SEP	338	276	134	242	653	172
OCT	399	216	180	352	600	273
NOV	381	164	56	247	182	282
DEC	187	114	42	183	439	114
TOTAL	4089	2494	1180	2668	4089	2842

MEMBERSHIP FORM

NAME:

ADDRESS:

TEL. NO.:

INDIVIDUAL MEMBERS

Have you a disability YES/NO

Please tick which age group you are in:-

under 25	25 - 40	40 - 60	over 60

Do you attend the Aylesbury Day Centre YES/NO

GROUPS

State Name of Group

Please state roughly how many members you have in each age group. This applies to disabled members only.

under 25 total	25 - 40 total	40 - 60 total	over 60 total

How many members of the group are disabled?

Please give name and address and telephone number of the person to receive the newsletters:-

NAME:

ADDRESS:

TEL. NO.:

Number of copies required:

I enclose £1 £4
Please delete as appropriate.

Signed..... Date.....

C O N T E N T S

	PAGE
First Aid Article	2
News from DHSS	2
Resisters	3
Talking Books for the Handicapped	3
Pavement Parking	3
New Sports Club for Disabled People	3
News in Brief	4
Club Article - Crusoe Club	5
Articles for Sale	5
News in Brief	6
News from the S.D.A. Office	7
Sports News	8
Southwark Taxi Card Holders	8
S.D.A. Statistics	9
S.D.A. Newsletters deadline dates	9
S.D.A. Statistics	10
Membership Form	11
STOP PRESS	12

* * * * * * * * * * * * * * * * * *

STOP PRESS
RATE - CAPPING

Cll. Elsie Headley, Chair of Southwark Social Services Committee is coming to the Aylesbury Day Centre at 7pm on Tuesday 26th March to address the SouthwarkDisablement Association Committee and any other S.D.A. members interested on the effects of ratecapping on our services. If you are interested, come along and put your questions and points of view.
If you need transport please contact the S.D.A. office as soon as possible.
Put the date in your DIARY now and come along on the 26th March.

* * * * * * * * * * * * * * * * * *

-3. APR. 1985 VALL

SOUTHWARK DISABLEMENT ASSOCIATION

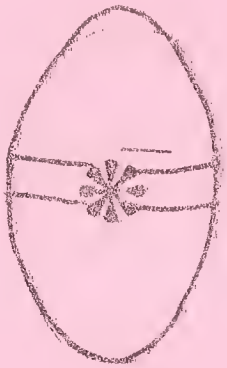
Room 48,
Aylesbury Day Centre,
Boyson Road, London, SE17 2BA
Tel: 701 1391

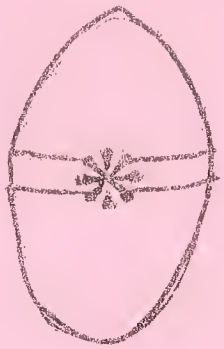
NEWSLETTER

No. 33

MARCH/APRIL 1985

Chairman : Mrs. Ruby Brooksby
Director : Mary Marshall





HAPPY EASTER

FIRST AID ARTICLE

Provided by Mrs. Anne Young (Centre Organiser) British Red Cross Society, 160, Peckham Rye, London, SE22 Tel: 693 4512

BROKEN BONES

The majority of fractures fall into two main categories.
OPEN fractures where the bone penetrates the skin and the wound is thus open to infection, and:
SIMPLE, or CLOSED fractures where the bone is not exposed but might however in this instance be complicated by internal bleeding or injury to internal organs.
A third type, more commonly found in children, is the GREENSTICK fracture which involves partial breaking of the bone.

IF IN DOUBT, TREAT ANY VERY PAINFUL INJURY AS A POSSIBLE FRACTURE.

1. First priority should be to deal with BREATHING STOPPAGE, BLEEDING AND SHOCK.
2. Immobilise the injured part, moving the casualty as little as possible, keeping them calm and reassured.
3. Telephone for an ambulance.

SPRAIN :

The most common site of sprain is the ankle or wrist.
IF IN DOUBT, TREAT AS A FRACTURE.

1. Bandage firmly.
2. Take patient to a doctor.

CRAMP

This sudden contraction of a muscle or group of muscles can be caused by poor circulation, chilling of the muscles while swimming, or loss of salt or body fluids due to sweating or diarrhoea.

1. The contracted muscle must be stretched, and massaged along its length.
2. If cramp is due to salt deficiency, drink plenty of salted water, using half a teaspoonful of salt to half a litre of water.

* * * * * * * * * * * * * * * * * * *

Computing

A week long computer work camp is to be held from April 14th-19th at the Tara Hotel, Kensington by the National Bureau for Handicapped Students, 40, Brunswick Square, WC1N 1AZ. Open to people with physical or sensory disabilities interested in finding more out about computers and aged 15-25 years. Enquiries to the National Bureau for Handicapped Students.

1985 LONDON FESTIVAL OF COMPUTING at Covent Garden

From 9th April-20th April, starting with 4 days of competitions, games and exhibitions. Its aim is to promote the use of information technology products to those people who can benefit most. It will culminate in a Fair to be held at Central Hall, Westminster on 18th, 19th and 20th April.

Further information from:- Jim Lagden, Covent Garden ITEC., 99-103, Long Acre, Covent Garden, London, WC2E 9NR. Tel: 240 8206

* * * * * * * * * * * * * * * * * *

TRAVEL NEWS

The G.L.C. and British Rail are investing £160,000 between them on a package of improvements for people with disabilities at 97 British Rail Stations in the London area. The programme of work which varies from station to station includes:-

* Electric-powered buggies to transport the elderly and those with disabilities at London Bridge, Victoria, Waterloo, Paddington, Euston and Liverpool Street stations.
* Portable ramps to assist passengers in wheelchairs to get in and out of trains.
* Wheelchairs as part of station equipment.
* Induction loops for the hard of hearing at booking office windows.
* Toilets designed for the exclusive use of people with disabilities.
* Establishing central picking up and setting down points at stations.
* New and improved signing of routes and facilities.

Work on the improvements is already underway and is scheduled for completion by Spring 1986. We have a list of the stations included in the scheme in the office. These are the main line stations included:-

Cannon Street, Charing Cross, London Bridge, Victoria, Waterloo, Euston, St. Pancras, Kings Cross, Liverpool Street, Paddington.

* * * * * * * * * * * * * * * *

news from

SOUTHWARK Taxi Card Holders Association

The committee had its first meeting in February. We were pleased that Ian Apperly from the G.L.C. was able to join us.

The latest news is that the G.L.C. are going to pay taxi drivers an extra £1 for undertaking some journeys in Southwark. This means that there may be more on the clock when the taxi reaches you but there should not be more than £2.50 if there is - contact us or the G.L.C. direct. Hopefully this will help Southwark Taxi Card Holders to get a better service.

The G.L.C. has given a £26,000 grant to a firm which will build a prototype of an existing black cab adapted to take a person in a wheelchair. It will have bigger doors, a built-in ramp and fixing points for the wheelchair.

This grant is in addition to the money already given to another firm to incorporate wheelchair adaptions into the CR6, a new Range Rover based cab which is scheduled for production next year.

You should all have three numbers available to you when phoning for a taxi. If you have not, contact us or the G.L.C. Some of the taxi card holders in Southwark have difficulty when phoning for their taxi because the taxi firms are reluctant to accept our numbers because they are low. This is because many of us were among the first 200 on the scheme. The G.L.C. have assured us there should be no problem with our low numbers being accepted. However if the problem persists they may re-issue us with higher numbers.

Do not forget we are available to help you Monday - Friday from 10 - 4 pm on 701 1391

Please send us your subscriptions if you have not already done so as we cannot operate

without funds. We are all disabled people working voluntarily on your behalf. Please send your £1 to Mrs. Wendy Oddy, Membership Secretary, c/o Room 48, Aylesbury Day Centre, Boyson Road, London, Se17 2BA.

Josie Reilly - Chairman

* * * * * * * * * * * * * * * * * * * *

WELCOME TO DIAL-A-RIDE

Hello! My name is Amanda Shimeld, and I am the Co-ordinator of Southwark Dial-A-Ride.

What is Dial-A-Ride?

A door-to-door transport service for anyone who cannot use the bus or tube. The two specially converted vehicles will take wheelchairs, and the drivers are fully trained to cope with all kinds of disabilities.

Who Can Join?

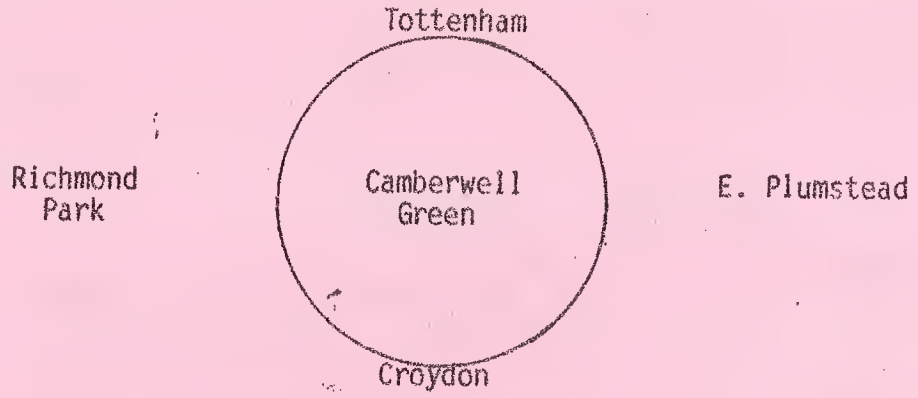
Anyone who receives Mobility Allowance or Attendance Allowance or has vision to n12. Anyone who has a doctor's signature confirming that they cannot use public transport.

Is It Only for a Particular Age Group?

No. Anyone from a toddler to a 100 year old grandmother can join !

Where Does Dial-A-Ride Go?

Anywhere within 8 miles radius of Camberwell Green.



Bookings can be made for Heathrow and Gatwick airports. (Special fares). Dial-A-Ride does not go anywhere London Borough of Southwark or London Ambulance Service supply transport, although visits can be made to friends or relatives in hospital.

How Much Does It Cost?

20p minimum - £1 maximum depending on distance. Children are half fare, essential escorts travel free, including guide dogs.

When Does Dial-A-Ride Start?

As soon as possible after Easter..... fingers crossed ! Application forms will be available before April from day centres, social workers, health clinics, libraries and the Southwark Dial-A-Ride office.

LOOK OUT FOR THE RED AND WHITE LEAFLETS AND POSTERS ! SEE YOU SOON !

Until we move to our own premises, we are based temporarily in the S.D.A. office

BENEFITS INFORMATION

SOME CHANGES IN SUPPLEMENTARY BENEFIT REGULATIONS
SINCE NOVEMBER 26th '84

TRAVELLING EXPENSES FOR VISITING RELATIVES IN HOMES

Can now be claimed by people on supplementary benefit - previously travelling expenses were only paid for visiting relatives in hospital. If a private car is used petrol cost will be paid. If there is no public transport or you cannot use public transport, it is possible to claim full taxi fare. Blind people can claim for an essential guide.

HELP WITH HEATING

An extra £2.10 has been added to the supplementary benefit of those between 65-85 years. Those over 85 get an extra £5.20.

ALL THOSE ON LONG TERM RATE SUPPLEMENTARY BENEFIT

Have had £1 deducted from the total amount they receive in extra allowance for special diets, heating, etc.

HELP WITH FEES FOR PRIVATE RESIDENTIAL OR NURSING HOMES

The local maximum amount payable has been frozen but any resident living in a home which raises its fees can apply to the DHSS for an extension to the local limit. This extension is especially for people with special needs and the maximum allowable has been increased from £15.35 - £16.15.

HOW TO COMPLAIN '- A LEAFLET FROM DHSS

The DHSS has issued a leaflet entitled 'Complaints against Dentists, Chemists, Opticians and Family Doctors', which explains the procedure to be followed when a patient wishes to make a formal complaint against any practioner in the health service. The leaflet is obtainable from the Family Practioner Committee, Addison House, 32/34, Chart Street, London, N1. Tel: 253 3020.

A taped copy of this leaflet can be obtained from the RNIB Express Reading Service, 79a, High Street, Tarporley, Cheshire (telephone: Tarporley (08293) 2115 or 2729). Send a blank Cassette (a C15 should be enough as it is a very short document). Anyone wanting a braille copy should contact the Customer Liaison Unit at the RNIB Braille Unit, 338, Goswell Road, London, EC1 (Telephone: 01-837 9921)

* * * * * * * * * * * * * *

ROOF INSULATION AND DRAUGHT PROOFING

NACRO CP will be providing a roof-insulating and draught-proofing service throughout the Borough of Southwark for the elderly and the physically disabled. All labour is free of charge and materials can be covered by a single payment from the DHSS if you are claiming supplementary benefit. If you are not claiming supplementary benefit the cost of materials could work out to be cheap compared to the saving on heating bills. Contact us and see. Contact Andrew Kimpton; tel: 761 1110

* * * * * * * * * * * * * *

FOR SALE

12 cubic foot BEEKAY BAUERNECHT CHEST FREEZER IN PERFECT WORKING ORDER BUT I MUST SELL BECAUSE I NEED THE SPACE - £50 o.n.o.

Contact:- Maureen in the S.D.A. office or tel: 274 2568

* * * * * * * * * * * * * * *

B.P.A.G. PRESS RELEASE

Bermondsey Pensioners Action Group (B.P.A.G.) was formally formed on 6th February, 1985 followed by a talk on the closure of local post offices by Cllr. E. Headley and Mr. A. Sweeney, representative of Union of Communication Workers (U.C.W.). B.P.A.G. will be having their general meeting to discuss and act on local and national issues, every first Wednesday of the month at 10.30- 12 noon at Area 2 Social Services, 283, Tooley Street, London, SE1. Elected executive committee will be meeting every other Wednesday in between general committee meetings at the same address, same time. We welcome any pensioner to participate and give suggestions.

Due to the 'Democracy Day' on 6th March, 1985, B.P.A.G. will not be able to meet until 3rd April, 1985. However, we would like you to join us on 7th March, 1985 (Thursday) for a National Pensioners Lobby at Westminster. For further information please contact:-

Bernadette O'Shea, 186, Crampton Street, London, SE17.
Tel: 701 8955

OR

Ivy Barnes, 283, Tooley Street, London, SE1.
Tel: 407 5344 ext. 24 (every Wed. Thur. Fri.)

* * * * * * * * * * * * * * * * * * *

R.N.I.B. COIN HOLDER

The Royal Na ional Institute for the Blind is issuing a plastic pop-coin holder, which holds up to five £1 coins free to registered blind and partially sighted people.

The flat holder fits in pockets or purses. Holes in the top help tell the number of coins in it.

Details: RNIB London Resource Centre, 224, Great Portland Street, London, W1N 6AA.
Tel: 01-388 1266

* * * * * * * * * *

NEW AID FOR BLIND DIABETICS

A device to help blind diabetics test their own blood sugar level unaided has been developed by one of the firms that specialise in making equipment for diabetics. It is the 'Talking Hypocount' and is available from Hypoguard Ltd., Dock Lane, Melton, Woodbridge, Suffolk IP12 1PE. Telephone Woodbridge (03943) 7333. It costs £110 excluding VAT, but blind patients can be exempted from VAT. In some cases, according to the makers, hospitals are able to arrange for patients to get help with the cost of this equipment either from their own discretionary funds or from charities.

* * * * * * * * * *

SNOWDON AWARDS FOR PHYSICALLY HANDICAPPED STUDENTS 1985

These consist of bursaries to enable physically disabled young people an opportunity for further education or training. Each bursary is for a period of one or two years and would not normally exceed £1,000 a year in value. Last year 18 awards were made.

To qualify a candidate has to be at least 17 and preferably under 25 years of age, though older applicants may be considered in special circumstances. He or she will have been offered further education or training and will be able to demonstrate that financial circumstances, coupled with the problems of disability, are an obstacle to him/her taking advantage of that offer.

The closing date for applications is 31st May, 1985. Application forms and further information are available from the Secretary of the Snowdon Award Scheme, Action Research for the Crippled Child, Vincent House, North Parade, Horsham, West Sussex RH12 2DA

* * * * * * * * * * * * * * * * * * *

SPORT AND LEISURE NEWS

BOWLS

from Stephen Thoms

The Bowls Club will be starting in May on Peckham Rye. Anyone wanting to go please let me know as soon as possible. You can ring me at the office or write.

SPORTS HALL PECKHAM

Plans have been passed for the building of a new Sports Centre in Peckham. Everything will be on one level with toilets for the disabled & wide doors. It is hoped that the building will be up and operating in December this year, and it is for the use of everybody ! It will be situated just behind Peckham Bus Garage and so it is easily reached.

Those of you who like to play sport and have the time, please make use of the centre as much as you can, it will be there to be used.

FISHING

Anybody who wants to go fishing in June please let me know as soon as possible. We are trying to go fishing in the Docks this year, but I will let you know as soon as I can.

THE SOUTH EAST LONDON BRANCH OF THE B.S.A.D. Inter-Borough Championships take place on Saturday 18th May from 10-6pm at Ladywell Centre for Handicapped People, 148, Dressington Avenue, London, SE4.

The events will be darts, discus, javelin, shot put, table tennis, rifle shooting, pistol shooting.

Arrangements have been made for mentally handicapped members to take part in table tennis, darts, discuss, shot and javelin events.

Entry Fees: Discus, shot put, javelin - 50p for each event.
Table tennis, pistol shooting, darts, rifle shooting - 75p for each event.

Closing date for entries is 4th May, 1985. Forms are available from the S.D.A. office.

We want lots of medals for Southwark, so let us hear from you soon.

The dates for the ARCHERY tournaments are confirmed as 11th May and 7th September at the S.T.C. Sports and Social Club, Cray Works, High Street, Footscray, Kent. Closing dates - 11th April and 7th August.

A SEASON OF GARDENING ACTIVITIES AT 'the Demonstration Garden for Disabled People' For easy parking enter by Chelsea Gate or Rosary Gate in Queenstown Road.

Visit Battersea Park and learn gardening skills to help with your gardening at home. Find out how to make this enjoyable hobby easier by attending workshops and demonstrations specially designed to include handicapped people of all ages. Come with your group and make the morning or afternoon a real event. If you are not with a group come anyway and share your gardening experiences and problems.

There is a session on EASTER MONDAY afternoon which is on the theme of bedding plants and how to grow them from seed at home for a bright and colourful display, summer or winter, and how to display them. There are places available for this workshop. Contact Ruth Tessler, Horticultural Therapy, c/o Battersea Park Managers Office, Albert Bridge Road, London, SW11 (messages - Tel: 228 2798)

The workshops will be held in future twice weekly commencing after Easter in a portable

lecture room on site.

Some of the topics to be covered are - indoor containers, grow your own, making more plants, different and exciting ways to grow and display plants, gardening made easier.

NATIONAL KEY SCHEME FOR TOILETS FOR DISABLED PEOPLE

Over 1,000 toilets have been fitted with this standard lock.

For those who are unable to obtain one of these keys locally RADAR supplies keys at a charge of £2.50 to cover the price of the key and handling costs. A list of toilets is maintained by RADAR. Copies of the list on its own costs 25p.

RADAR, 25, Mortimer Street, London, W1N 8AB. Telephone: 637 5400

* * * * * * * * * * * * *

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT RESPONSIBILITY FOR EQUIPMENT OR SERVICES MENTIONED IN THEIR NEWSLETTER

NEWS FROM THE S.D.A.

We have interviewed again for the post of the Advice Worker and are hopeful to have someone working soon.

Stephen is still sick although he has been coming in and out of the office to help us as and when he can.

We will be having a meeting on the 26th March about rate-capping - ARE YOU COMING?

Another note for your diary is the 16th May which is the date of our half yearly meeting. Invitations will follow. Come and hear all the latest news about our work and the projects we are involved in.

The Go-Ahead Committee has now been disbanded. Many of you will know it was set up to act as a pressure group to promote the rights of disabled people to equal opportunities for education, training and employment.

We are now seeking disabled people interested in employment and training for employment to join a new sub-committee of the S.D.A. set up especially to give disabled people a chance to discuss these issues and put forward needs and ideas to the Council and other relevant organisations.

If you are interested in these subjects then let me know. Meetings will be held every six weeks or so and will be held in the daytime or evening to suit committee members.

Mary
Marshall.

* * * * * * * * * * * * * *

MEMBERSHIP FORM

NAME:

ADDRESS:

TEL. NO.:

INDIVIDUAL MEMBERS

Have you a disability YES/NO

Please tick which age group you are in:-

under 25	25 - 40	40 - 60	over 60

Do you attend the Aylesbury Day Centre YES/NO

GROUPS

State Name of Group

Please state roughly how many members you have in each age group. This applies to disabled members only.

under 25 total	25 - 40 total	40 - 60 total	over 60 total

How many members of the group are disabled?

Please give name and address and telephone number of the person to receive the newsletters:-

NAME:

ADDRESS:

TEL. NO.:

Number of copies required:

I enclose £1 £4
Please delete as appropriate.

Signed..... Date.....

CONTENTS

	PAGE
First Aid Article	2
Computing	2
Travel News	3
News From Southwark Taxi Card Holders Association	3
Dial-A-Ride	4
Benefits Information	5
Roof Insulation and Draught Proofing	5
For Sale	5
B.P.AG. Press Release	6
R.N.I.B. COIN HOLDER	6
NEW AID FOR BLIND DIABETICS	6
SNOWDON AWARDS FOR PHYSICALLY HANDICAPPED STUDENTS 1985	6
Sport and Leisure News	7
News from the S.D.A.	8
Membership Form	9
Contents Page	10

SOUTHWARK DISABLEMENT ASSOCIATION

Room 48,
Aylesbury Day Centre,
Boyson Road, London, SE17 2BA
Telephone: 701 1391

NEWSLETTER

No. 35
MAY/JUNE 1985

Chairman : Mrs. Ruby Brooksby
Director : Miss Mary Marshall
Advice Worker : Helen Davies
Admin. Sec. : Maureen Shber

SHOPPING TRIP

25th JUNE 1985

FIRST AID

Provided by Mrs. Anne Young (Centre Organiser) British Red Cross Society, 160, Peckham Rye, London, SE22 Tel: 693 4512

DROWNING

In the case of a casualty pulled from the water unconscious, DO NOT make any attempt to force water from the lungs or stomach. To do so may cause internal injury. The victim needs air urgently, and properly applied ARTIFICIAL RESPIRATION will make air bubble past any watery obstruction to reach the lungs.

1. Begin mouth to mouth resuscitation without delay, taking turns if others are there to help.
2. Get someone to telephpne for an ambulance at once.
3. Continue artificial respiration until expert help arrives, keeping the patient dry and warm.

FAINTING

a. FEELING FAINT

1. Ensure that patient has fresh air.
2. Sit patient in chair and put his head between his knees..
3. When patient's colour returns, allow him to sit up slowly.

b. FAINTING

1. If casualty has collapsed, place on ground with legs raised.
2. Ensure clear airway and loosen tight clothing around neck and chest.
3. When recovered, sit casualty up first before allowing him to stand up.

FOREIGN BODIES IN EYE, NOSE, EAR

EYE

1. Prevent rubbing.
2. DO NOT attempt to remove foreign body if it is on the pupil of the eye. The transparent part, the cornea, can be easily damaged by rubbing or scratching.
3. Pull down the lower lid if the particle can be seen and remove it with the moistened corner of a soft hankerchief or wisp of cotton wool.
4. If the particle is under the upper lid, ask the casualty to look down and pull the upper lid downwards and outwards over the lower lid.
5. If the object does not move easily away from the cornea, or if pain continues place a clean pad over the eye, bandage it gently in place and seek help from a doctor or hospital.

NOSE (Beads, etc., pushed up the nose)

1. DO NOT attempt to remove the object.
2. Instruct patient to breathe through mouth and take to doctor or hospital.

EAR

1. DO NOT try to remove object.
2. Turn casualty's head to affected side to see if object drops out.
3. If not then take patient to doctor or hospital.

- - - - - - - - - - - - - - - - -

Now we've come to the end of the articles on First Aid which Mrs. Young throughly enjoyed writing, she would like to remind you all that the Southwark Centre of the British Red Cross Society, based at 160, Peckham Rye, London, SE22, is there for the community of Southwark and should any of you at any time require any assistance please do not hesitate to contact her. The name is Anne Young, telephone number: 693 4512 and the hours are from 10am - 1pm and 2pm to 4 pm. We would like to thank her for her contributions which have been much appreciated by our members.

* * * * * * * * * * * * * * * * *

TAXI CARD ASSOCIATION NEWS

At the last committee meeting we had eighty eight members. Do not forget it is £1 to join our Association and you need to send your money to Mrs. Wendy Oddy, Membership Secretary, c/o Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Road, London, SE17 2BA.

We have had some good reports recently from people who have been able to get a taxi.

The scheme where the taxi drivers are to be paid extra to come to some areas should have started on 1st May. It was put back. The extra fare for passengers is 20p per person. Many of you have queried the figure.

Please send your membership money in but not POSTAL ORDERS as our Treasurer is having a lot of difficulty in getting these changed.

Thank you.

JOSIE REILLY
CHAIRMAN

* * * * * * * * * * * * * * *

SOUTWARK DIAL-A-RIDE

Southwark Dial-A-Ride is now on the road. After a fortnight's limited service, we started our full service on Tuesday, 14th May.

This means that all disabled people in the Borough have access to public transport from early morning to late at night. We run every day of the year, except Christmas Day.

Our fares are similar to London Transport - so it will not cost you a fortune! e.g. From Camberwell Green to New Cross - 50p.

AND you can use Dial-A-Ride when you fly abroad on holiday. We go to Gatwick and Heathrow airports -

Gatwick	£6
Heathrow	£8

Remember - If you have to travel with an escort, that person goes free. You can take friends or family with you, but they must pay. So why not plan a trip out? To the zoo, to Hyde Park, to the Theatre. Have your hair done or go shopping.

THIS IS A BUS SERVICE ..... YOUR BUS SERVICE.

PLEASE USE IT AND LET US KNOW WHAT YOU THINK OF IT.

130 PEOPLE HAVE ALREADY JOINED. GET YOUR APPLICATION FORM NOW.

You will find forms at your library, Social Services office, health centre, Southwark Disablement Association or from us:

SOUTHWARK DIAL-A-RIDE, Portakabin, 42, Braganza St., London, SE17 3RJ.
TEL: 582 6844

It costs nothing to join ..... see you soon!

* * * * * * * * * * * * * * *

Amanda Shimeld
Co-ordinator

S.D.A NEWS

The good news is THAT WE NOW HAVE Helen Davies in post as our new Advice and Resource Worker. She has worked in Lambeth for the past two years in Social Services. Helen will be available to see people as before, Monday and Friday 1.30 - 3.30pm, Wednesday 10 - 12pm and 6.30 - 8.30 pm. Thursdays 1 - 3 pm at Peckham Citizens Advice Bureau. If you can telephone to make an appointment, please do. Appointments can be made for other times if necessary and we can come to your home if you are unable to get to us. Do not hesitate to get in touch with Helen if there is any problem you, a friend or relative have, regarding money, housing, clubs etc.

We were sorry that those of you who came to the rate capping meeting in March had as wasted journey. We arranged the meeting at the request of Cllr. Headley, Chair of Social Services Committee who then failed to come to it. Again apologies to you all from the S.D.A.

We hope you will not have been put off by this and that we will see many of you at our Half Yearly Meeting on the 16th May.

We are still looking for disabled people interested in employment and training for employment to join our sub-committee set up to discuss the issues involved with local employment offices and the council in the hope of obtaining a better understanding and more equal opportunities for people with disabilities. Contact us if you are interested.

Stephen Thoms officially ended his year with us on the 31st March. We understand the G.L.C. have approved his grant for another year but we are still waiting for confirmation of this in writing. Until we receive at least that, we cannot re-employ him.

Do not forget our 'Guide to Services and Benefits for People with Disabilities Living in Southwark' is still available from our office. This took a lot of time last year to write and many have found it invaluable in finding out what is available. It is free to S.D.A. members and £1 to other per copy. Also our 'Handbook of Local Clubs and Organisations for People with Disabilities Living in Southwark' is still available, priced 25p, plus our telephone, address and notebooks, priced 50p. These are all filled with useful information so are well worth the money.

We hope to arrange another shopping trip to Rye Lane in June. All members will be notified of the date as soon as we know.

Have you joined the S.D.A. It is only £1 for the year - so how about it ?

Mary Marshall

* * * * * * * * * * * * * * * * *

CYSTIC FIBROSIS

There will be a Public Meeting of the South East London Branch at the BERTHA JAMES DAY CENTRE, Masons Hill, Bromley, Kent. It will be held on Monday 10th June, 1985 starting at 8pm. Coffee will be served from 7.30pm. Car parking available. Nearest station - Bromley South Station - turn left at exit. The theme of the meeting is "LIVING WITH CYSTIC FIBROSIS".

* * * * * * * * * * * * * * * * *

Walworth Pensioners Project

The Walworth Pensioners Project have sent us the following article for our newsletter which we hope will be of interest to you.

'We are writing to tell you about this Project and the services we can offer. We would be grateful if you would draw this to the attention of your members, and we would be happy to supply any further information you might require.

Firstly, we have an Over Sixties Employment Bureau which seeks to find suitable employment (generally part-time) for active pensioners or those nearing retirement age. The Bureau is open to callers on Tuesdays to Thursdays between 9.30-12.30 or telephone 703 5066 and ask for Ronald Veltman between 10am and 1pm on Mondays to Thursdays to arrange an interview. There are leaflets available for display and information the organiser will gladly send you some.

We also undertake community work with groups of retired people. In particular we offer advice and support to local people wanting to start up groups, and assist them as they gain experience. Examples of groups would be: social or recreational groups, groups who have a special interest (local facilities, health, pedestrians rights, etc.), or groups who wish to campaign for better retirement conditions. We also offer printing and publicity help, ideas on sources of financial help, or other resources. Due to limited time, we cannot always guarantee intensive help, but we can always offer initial advice at least.

We have certain resources that may be of help - wheelchairs, music equipment, printing equipment, lists of films and a range of information. A booklet 'Guide for Pensioner Groups' and a publicity leaflet is available and may be useful to you.

We cannot offer advice on individual problems, but there is an advice centre at this address which can help, as well as other advice centres around the borough.

Lastly, the Project is managed by people from local groups and if you are interested in joining the management Committee, please get in touch with us.

Our Annual General Meeting will be on Wednesday 22nd May at 2.00pm at the Pasley Tenants Hall, Marsland Close, SE17. This is an Open Meeting to which you are invited; this year's theme will be 'The Prospects for Care In the Community', and we have speakers - Tom Gibson (Southwark Pensioners Action Group), and John Bland (National Association of Carers). Refreshments will be available.

If in doubt, please try us!

Yours sincerely,

Ian Adams

Walworth Pensioners Project,
186, Crampton St.,
London, SE17 3AE

Tel: 701 8949 General Enquiries
703 5066 Over 60's employment

* * * * * * * * * * * * * *

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT RESPONSIBILITY FOR EQUIPMENT OR SERVICES MENTIONED IN THEIR NEWSLETTER

SPORTS & LEISURE PAGE

R.S.P.B.

The Royal Society for the Protection of Birds have printed a leaflet giving the location of their Reserves which are acessible to wheelchairs. A lot of them do not have any toilets. Several of the Reserves have Forest Walks that are accessible for wheelchairs and also Information Centres.

For those people interested in bird watching, this is a great opportunity to look at some of the wild life of the country. If you are interested the leaflet is in the S.D.A. office.

* * * * * * * * * * * * * *

G.L.C. PARKS

It is possible for drivers with a disability to take their vehicles into GLC parks, write to: Mr. Alan Tyler, Room 685, County Hall, London, SE1. TEL: 633 1728. He will provide you with a letter that can be shown to the Park Keeper.

* * * * * * * * * * * * * *

THE GATWICK EXPRESS

British Rail have introduced two new trains to their Gatwick Airport Service. Both trains have extra wide carrage doors and gang ways and a seat has been taken out to let a wheelchair fit in. Wheelchairs are available for use at Victoria Station. A lift at Gatwick connects platforms with the Airport.

* * * * * * * * * * * * * *

P.S. WAVERLEY

In September for two weeks the worlds only ocean going paddle steamer, the Waverley, will be coming to Tower Pier to commence a series of trips down the river Thames.

The Waverley is over 70 years old and has done a variety of jobs in that time, mainly as a ferry, but during World War Two she served with the Royal Navy as a mine sweeper.

For many years after the war she did a ferry service in Scotland and was retired from service in 1972 when she was presented to her present owners for preservation. Her visit to the River Thames comes at the end of a long season of cruising from various parts of the British Isles.

The trips from Tower Pier will be down to Southend and then a cruise out into the channel for two hours, or you can get off at Southend, spend a few hours ashore. There are other trips to the River Medway towns where you can join the River Paddle steamer Kings Wear Castle. Access onto the Waverley is quite easy down the gangway, although it depends on the state of the tide as to how steep it will be. You may find it easier to join the boat at Greenwich where the access is a little easier.

The Waverley can take 2 or 3 wheelchairs, but remember that you will be limited to where you will be able to go on the Waverley indeed you may end up on the deck where there is little shelter.

* * * * * * * * * * * * * *

ATHLETICS CLUB IN SOUTHWARK

An athletics club is to be set up in Southwark and it is hoped that disabled people will join the section that is to be set up specifically for them. There will be coaches available to help and give advice. If you would like more information give the office a ring, 701 7616. The opening day is not known at the moment, but if you are interested or know anyone who is, pass on the information to them.

* * * * * * * * * * * * *

GREATER LONDON SPORTS AND RECREATIONAL FESTIVAL FOR YOUNG PEOPLE WITH DISABILITIES

If you are between the ages of 12 and 25 and would like to take part or have a go at some sports then the Festival of Sports and Recreation is for you. It takes place over 2 days, 11th/12th July. Amongst the activities are archery, trampolineing, roller skating, soccer skills, badminton, swimming and table tennis. There will also be a country side walk, fishing, cycling and a river cruise. There are lots of other things to do. There will be a disco on the Thursday evening. If you would like to go, (12 years old to 25 years old) let me know as soon as possible please.

* * * * * * * * * * * * *

CRICKET

There are a large amount of tickets available for those interested in cricket. The tickets are for the OVAL and are for the season. The ticket entitles you to free entry into the OVAL for the matches. Test Matches included. If you would like a ticket please let me know as soon as possible, either by ringing or writing. I will then pass on the relevant details to the people concerned.

* * * * * * * * * * * * *

SPORT AND FUN WEEKEND

This year Sports and Fun Weekend will be on the 29th and 30th June. On the Saturday the Disabled Sports Day will be held. We are hoping to arrange a Uni Hoc competition involving teams from other boroughs, but there will be something for everyone. Please let me know if you want to go.

* * * * * * * * * * * * *

BOWLS

Bowls has not started yet because of a lack of a coach, however, this situation I hope will be solved very shortly.

* * * * * * * * * * * * *

FISHING

Fishing will start on 18th June, the venue is not yet decided, but we hope it will be the Greenland Dock, although there is a lot of work going on there at the moment.

Stephen Thoms

FOR SALE

FORD ESCORT 1600 CTL 'A' Reg. 5 DOOR AUTOMATIC. Ceramic Blue/Navy Interior SUN ROOF/CASSETTE RADIO/ALL EXTRAS. MINT CONDITION. 3,000 MILES

£4,500 Tel: 639 0381 evenings.

ELECTRIC WHEELCHAIR 'DUDLEY POWER PLUS'. CENTRE WHEEL TO CLIMB 5" KERBS, HAS BATTERY AND CHARGER. COST £1,200 WOULD ACCEPT £850 or near offer.
TEL: 274 0796

BRAUN BATTERY CAR. 1 OWNER. HARDLY USED. COMPLETE WITH SHOPPING TROLLY AND OWN CHARGER. COLOUR BLUE. ALSO 1 SPECIALLY BUILT TRAILER FOR THE ABOVE
TEL: 684 5948 evenings and weekends.

Manufactuers recommended sale price of £500

AMATEUR GARDENING

This information was sent to us by Mrs. Olive Tuck, Centre Social Worker, Bonamy Day Centre, who read about it in 'Amateur Gardening' in November last year.

'Amid the stately homes listed in the annual yellow book of the National Gardens Scheme, one entry, 43 Layhams Road, West Wickham, Kent, may seem unusual.

It isn't starred for botanical or historical reasons or fine trees. But it is suitable for wheelchairs and should you visit it you will probably end up having a cup of tea with the owner.

The simpe explanation is that Mrs. Dolly Robertson who maintains the garden, is disabled, and gardens from her wheelchair.

Compared to the many acres offered by the lovely gardens listed this 70ft. by 24ft. plot of Dolly's seems minute. But every inch is treasurered by its owner.

Dolly became disabled 13 years ago when a hip operation went wrong. When told she wouldn't walk again without crutches she started listing the things she could do. At the top was gardening. 'Reaslising that the soil would have to be raised to a level I could reach, we sought estimates from builders and were dismayed at the cost of paving and raising the area with bricked beds. Then my daughtersuggested lowering the garden level, thereby gaining raised beds without importing topsoil, supporting them with ex-council paving slabs set on end in concrete.' Boys from a local volunteer service worked for four Saturdays from dawn to dusk to complete the job. The garden finally cost about £70 to build.

Accompanying Dolly around the garden in 'Ironside', her battery operated wheelchair, one finds she has a story about every plant. The garden is full of Mary's inventions, most of them costing little. Shopkeepers have been happy to give plastic sweet jars to make stable crutch stands. An old dustbin with holes in the bottom supports a small crop of asparagus; strawberries grow in barrels and old pipes. There are 70 kinds of herbs, all named, growing in pots. The paving slabs' granite and concrete composition retains the heat, so produce is ahead of time, enabling Dolly to grow a second crop. By placing glass over a 2ft. wide seedbed and digging out 6in. of soil she has made a spring cold frame.

'I don't like special tools for the disabled because long handles pre-suppose greater muscular power than short ones. I use an ordinary garden fork that a friend broke in half, the top being padded and bound with adhesive plastic strips.

'I hoe with an old table fork, put in potatoes with a trowel, use a full-size rake with short handle to even the soil. What is the point of gardening if you can't feel the soil between your fingers? None of my raised beds are more than 4ft. wide and I can reach well past the middle from either side.

'After I had had the garden a few years I was thinking how lucky I was one day, musing that it would be lovely to share it with other people. So on impulse I telephoned the National Gardens Scheme'.

It wasn't long before her pocket handkerchief venture was in their book. Now, from far and wide, handicapped people call at Layhams Road to find out how Dolly's garden can improve their lives.

The garden is open by appointment only all year. Telephone 462 4196. Room only for three wheelchairs at a time.

* * * * * * * *

NEWS IN BRIEF

SIMON HUGHES, M.P. sends us information about the times and places of his advice centre from May - August, which are the first four Fridays evenings of every month and the third Monday of the month. Tel: 231 3745. Address: House of Commons, Westminster, London, SW1A 1AA

MAY

Friday, 3rd	(7-9pm)	St. James Parish Room, SE16
Friday, 10th	(7-9pm)	Rotherhithe Civic Centre, SE16
Friday, 17th	(7-9pm)	Municipal Offices (Southwark Old Town Hall), SE17
Monday, 20th	(10am)	Haddonhall Baptist Church, SE1
Friday, 24th	(6-8pm)	Rockingham Community Centre, SE1
Friday, 31st		No Advice Centre.

JUNE

Friday, 7th	(7-9pm)	St. James Parish Room, SE16
Friday, 14th	(7-9pm)	Rotherhithe Civic Centre, SE16
Monday, 17th	(10am)	Haddonhall Baptist Church, SE1
Friday, 21st	(7-9pm)	Municipal Offices (Southwark Old Town Hall), Se17
Friday 28th	(7-9pm)	St. Philip's & St. Mark's Church, SE1

JULY

Friday, 5th	(7-9pm)	St. James Parish Room, SE16
Friday, 12th	(7-9pm)	Rotherhithe Civic Centre, SE16
Monday, 15th	(10am)	Haddonhall Baptist Church, SE1
Friday, 19th	(7-9pm)	Municipal Offices (Southwark Old Town Hall), SE17
Friday, 26th	(6-8pm)	Rockingham Community Centre, SE1

AUGUST

Friday, 2nd	(7-9pm)	St. James Parish Room, SE16
Friday, 9th	(7-9pm)	Rotherhithe Civic Centre, Se16
Friday, 16th	(7-9pm)	Municipal Offices (Southwark Old Town Hall), SE17
Monday, 19th	(10am)	Haddonhall Baptist Church, SE1
Friday, 23rd	(7-9pm)	St. Philip's & St. Mark's Church, SE1
Friday, 30th	(7-9pm)	St. James Parish Room, Se16

* * * * * * * * * * * * * * *

THE ASSOCIATION TO COMBAT HUNTINGTON'S CHOREA - now has the help of a part-time social worker, Sue Watts, in the London Office at 108, Battersea High Street, London, SW11 3HP. Tel: 223 7000. She will be answering phone calls and letters from all over the country, but will be able to offer a particular service to Combat members in London. One of the things she would like to do is to hold some discussion groups for carers, focussing on the particular problems they have to face. People with the day-to-day experience of caring are often the best ones to help others in a similar situation. The time involved and travelling can be difficult, but depending on the numbers involved, it could be possible to hold these groups in different places most convenient to the members involved. Please let her know if you are interested.

* * * * * * * * * * * * * * *

CHILDREN OF A LESSER GOD

The last performances of this play will be at the Sadlers Wells Theatre from 11th June to 6th July. There is an induction loop system fitted. Contact the Box Office for tickets.

* * * * * * * * * * * * * * *

BREAKTHROUGH TRUST

The following courses are held at the London Centre, The Hall, Peyton Place, Greenwich, SE10 8RS. Tel: 853 5661:

Lip Reading Classes every Thursday morning during term time from 10am to 12pm.

Communication Courses every Tuesday evening from 7.30pm to 9.30pm and finishes June 25th. Places will be available for next course starting in September.

Crash Courses in Sign Language - July 8th,9th10th. November 4th,5th and 6th

Speech Therapy Thursday evenings 6-9pm in evenings: contact Ruth Frost, London Centre

BENEFITS PAGE

Shortly to be announced, the Social Security Reviews are likely to pose a number of changes to the welfare system.

The aims are:-

* simplification of the benefit system
* targetting
* imrpoving work incentives
* placing more responsibilitv with the individual rather than the state

It is planned to do this in the following ways:-

* abolition of State Earnings Related Pension
* Abolition of all Single Payments and Additional Requirements paid to Supplementary Benefit claimants.
* abolition of Family Income Supplement replacing it with a new 'Family Credit' Scheme
* introduction of a means tested, two tier Child Benefit.
* abolition of Death and Maternity grants for all except the very poorest families.
* abolition of Supplementary Benefit payments to cover mortgage interest.
* means tested Maternity Benefit
* massive cuts in Housing Benefit
* Unemployment Benefit cut after 6 months not one year
* abolition of the Long Term Rate of Supplementary Benefit
* instead, the bunching of claimant groups into:-

1. Pensioners
2. Disabled
3. Families
4. Unemployed.

NIL COST REMIT

The reviews have been criticised because from the start it was plain that no extra money was to be spent, so money is to be taken from those slightly above the poverty line to give to the very poorest. As it is, existing levels of benefit are inadequate.

SIMPLIFICATION

Targettin to the poorest and the increase in means testing will segregate the poorest section of society. The suggestion of vouchers rather than cash (as in the U.S.A.) will be humiliating. There will be even less take up of benefits.

TARGETTING

The bunching of claimants into different groups is divisive. One group may be slightly better off at the expense of another. There has been no review of the whole of the Welfare System and how it links in with the tax system. Better targetting should consider tax relief.

CONSEQUENCES FOR DISABLED PEOPLE

At first sight disabled people may emerge slightly better off, at the expense of other groups, e.g. unemployed people. BUT:-

* bunching will divide people into 'deserving and undeserving' poor.
* abolition of additional requirements and single payments will create greater dependency on charity for special items and needs.
* disabled people who are pensioners or in a family may be worse off.

When the Reviews are announced there will be a period of consultation and debate. It will be important to make our views heard.

* * * * * * * * * * * * * *

MEMBERSHIP FORM

NAME:

ADDRESS:

TEL. NO.:

INDIVIDUAL MEMBERS

Have you a disability YES/NO

Please tick which age group you are in:-

under 25	25 - 40	40 - 60	over 60

Do you attend the Aylesbury Day Centre YES/NO

GROUPS

State Name of Group

Please state roughly how many members you have in each age group. This applies to disabled members only.

under 25 total	25 - 40 total	40 - 60 total	over 60 total

How many members of the group are disabled?

Please give name and address and telephone number of the person to receive the newsletters:-

NAME:

ADDRESS:

TEL. NO.:

Number of copies required:

I enclose £1 £4
Please delete as appropriate.

Signed..... Date.....

CONTENTS

	PAGE
Shopping Trip	1
First Aid	2
Taxi Card Association News	3
Southwark Dial-A-Ride	3
S.D.A. News	4
Walworth Pensioners Project	5
Sports and Leisure Page	6/7
For Sale Items	7
Amateur Gardening Page	8
Simon Hughes, M.P. Advice Centre Times	9
Association to Combat Huntington's Chorea	9
'Children of a Lesser God' Play	9
Breakthrough Trust	9
Benefits Page	10
Membership Form	11
Contents page	12

SOUTHWARK DISABLEMENT ASSOCIATION

Room 48,
Aylesbury Day Centre, Boyson Road,
London, SE17 2BA
Tel: 701 1391

NEWSLETTER
No. 38

Chairman : Mr. Michael Pearson
Director : Miss Mary Marshall
Admin. Sec. : Maureen Shbero
Advice Worker : Helen Davies
Sports Worker : Stephen Thoms

Carol Service

IN

Southwark Cathedral

ON

SUNDAY 22nd December

at 3pm

Limited transport available. Names to SDA office by 9th December please if you want to come and need transport. The service is attended by the public and everyone is welcome.

Simon Hughes M.P. has sent us this information to pass on to you about his advice centre opening times. They are for:

November

Friday, 1st (7-9pm)	St. James Parish Room, SE16
Friday, 8th (7-9pm)	Rotherhithe Civic Centre, SE16
Friday, 15th (7-9pm)	Municipal Offices (Southwark Old Town Hall), SE17
Monday, 18th (10am)	Haddonhall Baptist Church, SE1
Friday, 22nd (7-9pm)	Rockingham Community Centre (Upper Jubilee Hall), Rockingham Street, SE1

Friday, 29th - NO ADVICE CENTRE

DECEMBER

Friday 6th (7-9pm)	St. James Parish Room, SE16
Friday 13th (7-9pm)	Rotherhithe Civic Centre, SE16
Monday 16th (10am)	Haddonhall Baptist Church, SE1
Friday 20th (7-9pm)	Municipal Offices (Southwark Old Town Hall) SE17
Friday 27th (7-9pm)	St. Philip's and St. Mark's Church, SE1

JANUARY

Friday 3rd (7-9pm)	St. James Parish Room SE16
Friday 10th (7-9pm)	Rotherhithe Civic Centre, SE16
Friday 17th (7-9pm)	Municipal Offices (Southwark Old Town Hall) SE17
Monday 19th (10am)	Haddonhall Baptist Church, SE1
Friday 24th (7-9pm)	Rockingham Community Centre (Upper Jubilee Hall), Rockingham Street, SE1

FEBRUARY

Friday 7th (7-9pm)	St. James Parish Room, SE16
Friday 14th (7-9pm)	Rotherhithe Civic Centre, SE16
Monday 17th (10am)	Haddonhall Baptist Church, SE1
Friday 21st (7-9pm)	Municipal Offices (Southwark Old Town Hall) SE17
Friday 28th (7-9pm)	St. Philip's and St. Mark's Church, SE1

Problems and grumbles should be sent to:- Simon Hughes, M.P., House of Commons, Westminster, London, SW1A 1AA.
To check Advice Centre details or leave messages ring: 231 3745 24hour answerphone

* * * * * * * * * * * * * *

Hairdressing in your own Home

Cut and Blow Dry	£4	Women
Cut and Blow Dry	£3	Men
Perms (including Cut and Blow Dry)	£11	
Highlightes	£13	

Experienced (7 years in salons) hairdresser can come to your home to do hairdressing and can do modern aswell as traditional styles. Has all own equipment and transport

Telephone: JULIE - 299 2493 to arrange appointment

* * * * * * * * * * * * * *

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT RESPONSIBILITY FOR EQUIPMENT

OR SERVICES MENTIONED IN THEIR NEWSLETTER

SDA AGM 31.10.85

Did you come ? What did you think of the meeting ? Let us have your views. For those who were not able to come this is a brief resume of the evening. The Mayor, Cllr. Pat Sullivan welcomed everyone to the meeting and Mrs. Brooksby as Chairman read the Annual Report which outlined the work of the Association during the last year (a copy is enclosed for members with this newsletter) and the Accounts were presented.

There was no vote for officers and committee necessary and the following people were elected:

Chairman

Mike Pearson representing the Southwark Talking Newspaper

Vice-Chairman

Mrs. Josie Reilly representing the Peckham Guild of Friendship

Treasurer

Miss Phyllis Sheere representing Saturday Club for the Mentally and Physically Handicapped

Committee

Mrs. Ruby Brooksby, representing The Spastics Society, S. London Group

Miss Kate Ellis, representing Age Concern Southwark.

Mrs. Amy Wallis, representing Southwark Council for Voluntary Service Voluntary Workers Bureau.

Miss Mary Reardon, representing Aylesbury Day Centre Members Committee.

Mr. John Taylor an individual member.

Mrs. Grace Huxstep representing Southwark Phoenix Sports and Leisure Club for People with Disabilities.

Mrs. Betty Etherington an individual member

Mrs. Ethel Marshall representing Southwark MENCAP

Mrs. Noran Foley representing Southwark Taxi Card Holders Association.

Mrs. Wendy Oddy an individual member

Miss Margaret McNally, an individual member

Council Representative - Cllr. Quennell.

Co-opted Member - to be agreed at next Executive Committee meeting

Ex-Officio Members

Mr. Doug Adams, representing Director of Social Services

Dr. Sheelagh Davidson, representing The District Medical Officer.

Both our Chairman and Vice-Chairman are PEOPLE WITH DISABILITIES along with six out of the 11 committee members.

There followed an interesting and informative talk by Pauline Thomson from the Disablement Income Group about the effects of the proposed Social Services Reform on the income of disabled people. We then had a video about the achievements of four artists with disabilities.

The meeting ended with a vote of thanks to Mrs. Ruby Brooksby who had resigned as Chairman in favour of Mr. Mike Pearson who had been nominated and who is a person with a disability. She was thanked for all her hard work and presented with a bouquet of flowers. Everyone then could partake of the cheese and wine and have an opportunity to talk to each other and to the Mayor who takes a great interest in the work of our organisation.

Other S.D.A. news ?

A lot of our time has been taken up with the organisation of our A.G.M. followed the next week by the Southwark Crossroads A.G.M. on the 7th November, of which scheme, Mary is the Chairman. The Director of Social Services spoke about Southwark's strategy to help carers of disabled people and it was a very well attended meeting.

Other good news is that the Community Affairs Committee has agreed to fund an extra two workers from next year - a full time advice worker and a part time secretary. We badly need more staff to cope with the ever increasing work load. We also need more space to house them as we have only two rooms at the moment. If anyone knows any rent free room suitable - please tell us.

Helen will be away from the 11th December, so advice sessions at the Citizen's Advice Bureau in Peckham will stop after28th November and start again on the 30th January. Limited advice will be available fr the SDA office, please telephone or make an appointment first.

As you can see from the front page we are again going to the Carol Service in Southwark Cathedral in December - please give us your names in good time if you want transport - first come, first served !

In between everything else we are working on the updating of our two books on benefits and services and local clubs and organisations.

In the Spring we hope to organise a Spring Fayre where local clubs and groups can have stalls to raise money - if you are interested please contact me.

Meanwhile we all wish you a very Happy Christmas and a good New Year.

Mary Marshall - Director.

NEWSLETTER

For all those who are members please remember renewal is due in JANUARY, 1985. Please send your money in promptly - reminders will not be sent. Those requiring receipts please send a stamped addressed envelope otherwise it will be sent with the next newsletter.

GROUP MEMBERS

The membership fee for groups has been raised from £4 to £5 for which 5 copies of the newsletter can be received. Groups requiring more copies must let us know and either pay the cost of the psotage or collect them from our office. We regret this increase but it is due to the increasing cost of postage, stationery etc and our shortage of funds. Please help us by paying promptly.

FUTURE NEWSLETTERS

We are hoping that next year our newsletter will be produced by a commercial firm who will obtain advertising material to cover some of the costs. We hope that this will cut down the cost to SDA in terms of paper and staff time to type it, duplicate it, collate and staple it. Of course we will still have to post it ! If we are successful in this idea then the newsletter will be produced every three months instead of two months, next year. However, I think you will find the quality and quantity of the booklet very acceptable.

* * * * * * * * * * * * *

Sports and Leisure

PECKHAM SPORTS HALL

The Sports Hall in Peckham is well and truly on the way to completion. The frame of the building is up and some of the inside has been put in. Everything should be finished in early 1986 and be opened not long afterwards. More in the next newsletter.

TRAFALGAR SQUARE CHRISTMAS TREE

Every year the Government and People of Norway give a gift to the people of Britain of a large Christmas Tree. The gift dates back to the Second World War and is given in gratitude for the help Great Britain gave to Norway during the war.

The tree usually arrives by ship in late November and is taken to Trafalgar Square where it is raised on a special bed. The tree is then dressed just like any Christmas tree, except that the number of lights on the tree is hundreds rather than a dozen (Imagine trying to find a fault on one of them is broken). The tree is officially lit up in the first week in December. If you can get up to see them it will be well worth it.

LADYWELL SPORTS DAY 1986

The Borough Championship will take place on April 19th, 1986 and the 'Open' Championship will be on Saturday 20th September. To ensure that we get a good strong team for these events I have got together a leaflet explaining what the events are and if you would like to have one of these forms let me know and I will send you one.

Stephen Thoms

* * * * * * * * * * * *

ACTION GROUP

The group continues to meet fortnightly at Lordship Lane Advice and Information Centre and decided to become a sub-committee of SDA, though retaining its own independence to pursue matters of concern to people with disabilities in Southwark.

Natalie Hajifotiou of Southwark Women's Equality Unit was invited to the last meeting in order for the group to pass on the views of women with disabilities to service provision in Southwark, for inclusion in the final 'Guidelines for Council Services'. A very interesting meeting was held with a lot of discussion around the need experienced by many women for a quick, responsive and flexible minor repair service in the home.

A teach-in around Housing Repair is arranged for the next meeting, a social for December 16th and in the New Year invitations have been extended to the Mayor of Southwark and to other people.

New members are welcome.

Helen Davies - Advice Worker

* * * * * * * * * * * *

FOR SALE

2'6" DIVAN BED - COMFORTABLE BED IN GOOD CONDITION ON EASY TO MOVE CASTORS-£20

BAUERNECHT CHEST FREEZER 12 CU. FT. APPROXIMATELY 4' x 2'. PERFECT WORKING ORDER BUT SPACE IS NEEDED - £50

FOR BOTH THE ABOVE ITEMS CONTACT MAUREEN IN THE S.D.A. OFFICE ON 701 1391

* * * * * * * * * * * *

AGE CONCERN

Age Concern Southwark offer a number of services in the Borough and the current services are briefly listed below. Also listed are the addresses of our their various outlets in the Borough.

HEAD OFFICE: 33, Peckham Road, SE5. Tel: 703 6105.
Open to callers: Monday, Wednesday & Friday 10-4pm
Tuesday and Thursday 10 - 1pm
Telephone queries: Monday to Friday 9.30am - 5pm

BERMONDSEY OFFICE: Bermondsey Health Centre, 188 Jamaica Road, SE16 Tel: 231 2286/7
Open to callers: Monday to Friday 9.30am - 12.30pm
and telephone

DULWICH OFFICE: 3, The Parade, Felbridge House, Dog Kennel Hill, SE22. Tel: 274 8097
Open to callers and telephone: Monday-Friday 10.30am - 2.30pm

POP-IN-PARLOURS: Bermondsey, Rock Grove Way Sheltered Housing Unit, SE16
Tel: 231 9417
Opening Hours: Tuesday-Friday 10am-3.30pm
Offers snacks and a set lunch. There is a waiting list for lunches, but if you are interested please contact the staff member who runs the Pop-in for the current position.

Camberwell, (King George VI Club), 67, Crawford Road, SE15
Tel: 274 0849
Opening Times: Monday-Friday 9.30am - 4.30pm
(Day Centre Members are usually taken home at approximately 4.30pm)
The Camberwell Pop-In is open to Southwark Pensioners and snacks and a set lunch are available. In addition various activities are held, please contact the organiser for details. T he pop-in is also open to disabled people and Age Concern has use of Social Services ambulances.

Peckham, 239, Rye Lane, SE15. Tel: 732 2740
Opening Times: Monday-Friday 10am-3pm
Offers cooked snacks. Again activities are offered and the Pop-In should be contacted for details. There is a room set aside with various games available.

SERVICES THROUGH AGE CONCERN SOUTHWARK

a) ADVICE AND INFORMATION: All outlets are available during the hours shown to deal with any queries relating to people over retirement age.
b) WELSH HOLIDAY SCHEME: Age Concern Southwark runs its own Holiday scheme in Newtown, Powys, during July and August. Full detials are available from all outlets from February. Bookings may be made at either the Head Office, or the Bermondsey or Dulwich offices from February.
c) WOMEN'S HOLIDAY SCHEME: Age Concern acts as agents for the Women's Holiday Fund, which arranges holidays for women during the summer and Christmas. Full details and bookings from the Head Office.

STROKE CLUBS There are two stoke clubs run by the organisation. One in Camberwell each Wednesday afternoon. For details please contact the Head Office. The other club is in Bermondsey every other Monday afternoon. Please contact the Bermondsey Pop-In for details.

INSURANCE SCHEMES House Contents may be insured at a very reduced costs. This insurance is only available topeople over 60 years old. For details, please contact any of our outlets. Gas and Electric meters may beinsured through the Head Office.

BERMONDSEY TEAM There are four members of the Team (one being responsible for the Bermondsey Pop-IN). They are based at the Bermondsey Office., The Team undertake a number of tasks for elderly people in the Bermondsey area including liaising with statutory and other agencies; advising on services and benefits; doing practical odd jobs; giving practical and emotional support where required.

Anyone may make a referral to the Team, prociding it relates to a pensioners in the area. As mentioned above, the team are also involved in other Age Concer activities such as holidays, sale of foods, insurance etc.

DULWICH OFFICE In addition to the general work of Age Concern, the two part-time workers will also give support to relatives and others caring for an elderly person, those who have been bereaved and others going through a particular crisis. They are able to visit at home when necessary. Details from the Dulwich office. Various activities are arranged throughout the year. With the exception of those volunteers who work directly with the Pop-Ins, voluntary activitiy is also arranged through the Dulwich Office.

Age Concern Southwark runs a Saturday Club (including lunch) for slightly mentally confused who either live alone or with relatives. Details from Head Office.

VOLUNTARY ACTION Volunteers are available to carry out practical jobs, gardening, driving, home visiting etc. The part time co-ordinator is one of the workers based at the Dulwich office. Anyone may make a referral providing the person needing help lives in the Borough and is over retirement age. Anyone wishing to be a volunteer should also contact the Dulwich Office.

WELFARE FOODS The following foods are available at reduced costs at all our outlets and are available to anyone over retirement age living in Southwark: Tea, coffee, horlicks, bovril, marmite, bemax, complan, marvel, drinking chocolate, ovaltine.

OTHER ITEMS AVAILABLE Age Concern sell, at reduced prices, door chains and shrill alarms. Also available are limited supplies of bedding and wheelchairs and fires for loan. Please apply to Head Office or the Bermondsey or Dulwich offices.

RADIOS FOR THE HOUSEBOUND Age Concern acts as an agent for this Trust. Radios and free batteries are available for the housebound. Applications to the Head Office.

PUBLICATIONS Age Concern Southwark produces fact sheets on various topics (details from Head Office) and occasional publications. Also available are fact sheets and publications from Age Concern England which include information on health, housing holidays, etc. A major publication is 'Your Rights', which gives full details on benefits you may be entitled to and how you can work out for yourself what benefit you might be able to claim. Available from all Age Concern Southwark outlets.

ACTIVITIES Age Concern is increasing its activities in its own outlets. Details are available to any Club on ideas of activities and practical help can be given to get things started. Contact the Head Office. A club is now operating in Bermondsey, every Monday afternoon at the Manor Methodist Hall, Galleywall Road.

CONFERENCE/FORUMS/TALKS Age Concern runs its own occasional Conferences and is also involved with other agencies. Age Concern also runs its own Forum every two months at the Dulwich Office for those working with older people who are interested in attending. Please contact either the Head Office or Dulwich Office for details.

Staff will give talks on our work and the more general topics of interest to older people to Clubs, Schools etc. Please contact Head Office if interested.

OTHER AGENCIES Age Concern works with other agencies in the Borough e.g. Pensioners Forum. Any agency (or individual) interested in our work should contact the Head Ofice and we can give fuller details of the services etc. we can offer.

FUND RAISING Age Concern Southwark is grant aided. However, staff and volunteers do a considerable amount of fund raising and proceeds are used to extend the services we can offer to the elderly in the Borough.

* * * * * * * * * * * *

CHRISTMAS LINE

Once again, Capital Radio, London Weekend Television and Thames Television are joining together to run Christmas Line, the special 24 hour telephone service offering people help and advice over the Christmas period.

As with the last two years, the telephones will be answered by volunteers who will have an information bank at their disposal with news of events and services in the caller's area. To create a comprehensive service they need information on all that is taking place in your area. Are you open anytime over the Christmas period or planning a special event ? You may be:

A voluntary organisation offering an advice service

A local Church putting on a dinner for elderly people

A Community Centre having a Christmas party.

Organising an event for people with special needs.

If you know of one of these and they are open to other members of the public who might otherwise be lonely.... Let them know.

Or else you may be a commercial or an emergency service, such as a chemist or a dentis If you are or if you know of one which will be open or working over Christmas ... Let them know.

HOW THEY CAN HELP YOU In November they will be putting out an appeal for volunteers to help the various organisations that are planning on holding events or services over the Christmas period. If you need extra people to help you they could be of assistan Alternatively you may be in need of last minute provisions of some kind. If so they may be able to put out an appeal for you.

ALL INFORMATION TO: Nigel Tarling, Christmas Line, P.O. Box 4TD., London W1A 4TD. Telephone: 01 388-9546

BY DECEMBER 3rd

* * * * * * * * * * * * * * *

ASSOCIATION TO COMBAT HUNTINGTON'S CHOREA

This association is having a FAMILY CARE CONFERENCE on 11th January, 1986 from 10am - 4pm. It will be held in the Connaught Hall, London University, Tavistock Square, Euston, London, WC1.

This conference is specifically for family members and friends involved in caring for someone with Huntington's Chorea. The cost of lunch, tea and coffee is £5, however, if you can't afford any or all of this amount, come anyway.

If you would like to attend, contact Shirley Dalby, 108, Battersea High Street, London, SW11 3HP by 11th December, 1985, enclosing a cheque or postal order if you are able to make a donation. If you have problems with transport costs, contact your local branch.

* * * * * * * * * * * * * * *

AID FOR THE PARTIALLY SIGHTED

Unit 7 Studio are seeking six partially sighted people to take part in a craft workshop. The instructorPriya Commander, also partially sighted, is very keen to start as soon as possible so if you are interested please ring me, Steve, on 701 7616 now.

* * * * * * * * * * * * * * *

Association of Carers

APPOINTMENT OF IMPLEMENTATION WORKER IN SOUTHWARK

Did you know there could be as many as 20,000 people in Southwark looking after handicapped or frail members of their household ? In 1983 the Association of Carers, with a grant from Southwark Council, did a survey of family carers in East Dulwich. A report was written on the basis of the survey called 'Who Cares in Southwark?'. It showed who the carers are, what caring means, the effect of caring on the carer's life and made a number of recommendations on how the local health and social services could better support and relieve carers in Southwark. In 1985 Southwark gave the Association a further grant to employ me (Jenny Pitkin) for one year to follow up the recommendations in the report. I started as 'Implementation Worker' in September. If you would like to hear more about carers in Southwark and what I shall be doing in the next year; or if you have experiences or views on the needs of carers to tell me about, I would be happy to come and talk to your organisation, orhear from you. You can contact me at the Development Section, Castle House, 2, Walworth Road, London, SE1 6SS. Tel: 703 6363 ex. 324

BENEFITS PAGE

SUPPLEMENTARY BENEFIT

Normal Requirements	Basic Rate	Long-Term
Couple	£47.85	£60.00
Single Householder	£29.50	£37.50
Non-Householder (adult)	£23.60	£30.00
Non-Householder (16-17)	£18.20	£23.00
Dependents		
16-17 years	£18.20	
11-15 years	£15.10	
0-10years	£10.10	
Additional Requirements		
Blind addition	£ 1.25	
Diet	£ 1.60, £3.70 or £10.65	
Laundry	excess over 55p	
Heating	£ 2.20.£5.45	
Central Heating		
4 rooms or less	£ 2.20	
5 or more rooms	£ 4.40	
Estate heating		
4 rooms or less	£ 4.40	
5 or more rooms	£ 8.80	
Heating addition-		
on age grounds		
less than 5 years	£ 2.20	
not less than 65	£ 2.20	
note less than 85	£ 5.45	
Available scale margin for people on long-term SB	£ 1.00	
Housing Requirement		
Non-householder's rent addition	£ 3.90	

Capital Cut-Off

plus the first £1,500 surrender value of life assurance policies will be disregarded.

Single payments - capital level £500
Occasional gifts - lecel of disregard £100

SOCIAL SECURITY BENEFITS

	Claimant	Increases for Adult dependent	Increases for child
Maternity benefit	£29.15	£18.00	£nil
Sickness benefit	£29.15	£18.00	£nil
Unemployment benefit	£30.45	£18.10	£nill
Retirement pension-A	£38.30	£23.00	£8.05
Retirement pension for a married woman-B	£38.30	£23.00	£8.05
Retirement pension for a person other than a married woman-C	£23.00	£13.75	£8.05
Retirement pension for a married woman-C		£13.75	
Earnings limit for retirement pension	£75.00		
Child benefit	£ 7.00		
One parent benefit	£ 4.55		
Widow's allowance (first 26 weeks of widowhood)	£53.60	-	£8.05
Widowed mother's allowance	£38.30	-	£8.05
Widow's pension	£38.30	-	£8.05

Invalidity Pensions	£38.30	£23.00	£8.05
Invalidity allowances			
higher rate	£ 8.05		
middle rate	£ 5.10		
lower rate	£ 2.55		
Invalid care allowance	£23.00	£13.75	£8.05
Severe Disablement ALLOWANCE	£23.00	£13.75	£8.05
Therapeutic earnings limit	£25.00		
Attendance allowance			
higher rate	£30.60		
lower rate	£20.45		
Mobility Allowance	£21.40		
Child's special allowance	£ 8.05		
Guardian's allowance	£ 8.05		

HOUSING BENEFIT

General

Single householder	£47.70
Married couple	£70.20
Single parent	£70.20
For each dependent child of tenant or spouse	£14.50
Single handicapped person	£53.20
Married couple where one is handicapped	£75.70
Handicapped single parent	£75.70
Married couple both handicapped	£78.25

Deductions for Non-dependents	Rent Rebate/ allowances	Rate Rebate
18 or over but under pensionable age, unless covered below	£ 7.80	£ 2.60
Pensionable age or over; 21 or over on SB; 18 or over and sole income after 56 days consists of one or more of unemployment beneft, sickness benefit, maternity benefit, child benefit or one-parent benefit; 16 & 17 not on SB, YTS or NCIP and child benefit not being paid	£ 2.80	£ 1.10
16-20 on SB; 16 & 17 on NCIP; on YTS training allowance; some full-time students	NIL	NIL

Earnings Disregard	
Single person	£17.30
Married couple	
-applicant's disregard	£17.30
-partner's disregard	£ 5.00
Disregard of lodging allowance paid by Manpower Service Commission	In full

Deductions for Amenities in with rent	
Heating	£ 6.55
Hot water	£ 0.80
Lighting	£ 0.50
Cooking	£ 0.80

Sub-tenants deductions	
Furnished letting	£ 3.00
Unfurnished letting	£ 1.50
Garage in outbuilding	£ 0.40

MEMBERSHIP FORM

NAME:

ADDRESS:

TEL. NO.:

INDIVIDUAL MEMBERS

Have you a disability YES/NO

Please tick which age group you are in:-

under 25	25 - 40	40 - 60	over 60

Do you attend the Aylesbury Day Centre YES/NO

GROUPS

State Name of Group

Please state roughly how many members you have in each age group. This applies to disabled members only.

under 25 total	25 - 40 total	40 - 60 total	over 60 total

How many members of the group are disabled?

Please give name and address and telephone number of the person to receive the newsletters:-

NAME:

ADDRESS:

TEL. NO.:

I enclose £1 (per individual member to include 1 copy)

I enclose £5 (group membership to include 5 copies. Further copies available if collected from office or postage paid - maximum 30)

Please delete as appropriate.

Signed..... Date.....

LONDON BOROUGH
OF SOUTHWARK
SOUTHWARK
COLLECTION

E

OUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER No. 39

SPRING EDITION 1986

ROOM 48
AYLESBURY DAY CENTRE
BOYSON ROAD,
LONDON, SE17

Telephone: 01-701 1391

We are open for giving advice and information on:-

Mondays	1.30pm to 3.30pm
Wednesdays	10.00 to 12 noon and 6.30pm to 8.30pm by appointment
FRIDAYS	1.30pm to 3.30pm

2nd and 4th Thursdays at Peckham Citizen's Advice Bureau
from 10.00am to 12 noon

PAINTING ON GLASS
HANDICRAFTED
by

Crystoleum Studios

TOWER WORKSHOPS
LONDON BOROUGH of SOUTHWARK
LONDON, SE1 3DG
Telephone: 01-237 8038

Bexley Displays Ltd

164 Union Street
(Unit 109)
London SE1
01 – 261 1397

DISPLAY STANDS

JOINERY

AND EXHIBITION WORK

SOUTHWARK DISABLEMENT ASSOCIATION

Chairman Mr. Michael Pearson
Director Miss Mary Marshall
Advice Worker Helen Davies
Admin. Secretary Maureen Shbero
Sports & Leisure Worker Stephen Thoms

NEWS FROM THE S.D.A.

I hope you will all like our 'New Look' newsletter and find it as interesting as ever.

Helen is back from holiday now, and our advice sessions are back to normal again.

Maureen is now working full time which is a great help. We have been busy since returning to work from the Christmas break in getting our filing up to date and sorting out our files. This had got very much behind with Maureen only working 18 hours each week.

We have a new Advice Worker starting in February - Marilyn Little. She knows the borough and has been involved in advice work locally. We are pleased to be welcoming her and I am sure Helen will be grateful for the extra help in meeting the ever increasing demand made on her for advice and help. We are very grateful to the Southwark Council Community Affairs Committee for funding these two new posts.

Stephen is still working for the S.D.A. but is based in the new Leisure and Recreation Department in Chatelin House, Walworth Road, so he is still near at hand. His telephone number is 01-703 0852. We still do not know about the funding of his post after March 31st.

We now print an up-to-date list of **PUBLICATIONS** kept in the SDA Office which you are welcome to come and refer to.

Southwark Consumer Services Monthly News
Southwark Police Sub-Committee.
Southwark Community Affairs Committee
Southwark Weekly Information Digest
Southwark Community Information Bulletins
Southwark Welfare Rights Unit Leaflets
Southwark Womens Committee
Southwark Social Services Committee
Southwark Race Equality Committee
Southwark MENCAP News Sheet
Southwark Housing Deptartment Leaflets
New Society
Community Care
Newsletters from Other Borough Associations
Project for the Mentally Handicapped Newsletter
The Sparrow
London Community Work Service Newsletter
Network Exchange
D.L.F. Information Sheets
'In Touch' Bulletins

Denise's FLORIST

Flowers for all occasions.
Weddings, Funerals and Contract work.
Deliveries anywhere in London and the World

168 Great Suffolk Street,
Borough, Southwark,
London SE1.

Telephone:
01-403 0067

Knight Office Supplies Ltd.

Office Stationery, Equipment, Printing

27 - 29 Union Street, London SE1.
Telephone : 01-403 2087/4868.

CITY BIKE couriers

100% commitment from all personnel
priority motorcycle messengers
express press release distribution
contract hire
van and working drivers
UK overnight deliveries
Red/Night Star forwarding
international couriers
free insurance to £2000 cover
work undertaken at any time
courteous and careful service
no learner drivers
no service/administration charges
member of the Despatch Association

928 6999

Red Ranch Productions

A Complete Graphic Design Service

NEW HIBERNIA HOUSE
WINCHESTER WALK, LONOON SE1 9AG
Telephone: 01-407 1277

Contract Cleaning & Maintenance Association

Contract Cleaning & Maintenance Association
Suite 73/74, Central Buildings, 24 Southwark Street, London SE1 1TY Telephone: 01-403 2747

DHSS Leaflets
HARU News
HANSARD
Holiday Catalogues
GLAD Journal & Information Sheets
Handicapped Living
RADAR Bulletins
SCVS Newsletters
Walworth Inprint
Londoner
FIAC Newsletter
Does He Take Sugar— Information Sheets
Various Aids Catalogues
Soundbarrier
Office of Fair Trading Leaflets
Benefits Briefing
DHSS Manual

SPRING FAYRE

We hope to hold this on Saturday 12th April in the Aylebury Day Centre from 1 to 4.00pm. Local Clubs and Organisations will run stalls to raise money for their organisations. Southwark Disablement Association are organising the event. Your support is enlisted in making this a successful day for all concerned. Come if you can - put the date in your diary NOW.

Mary Marshall - *Director.*

NEWS OF OTHER ORGANISATIONS

ARTHRITIS CARE are looking for volunteers to help form a new branch in Southwark.

Arthritis Care is a national Social and Welfare Organisation that has been in existance since 1947. It has over 300 local branches with more new branches planned. Social meetings are held and booklets and leaflets can be supplied on request.

There are 9 specially adapted self-catering holiday units and 4 hotels at various resorts around the country. The Association publishes 'Arthritis News' quarterly. There is also an under 35 group, run by young arthritics which has its own magazine 'In Contact' and network of contacts.

Members pay £2 subscription and if you are interested contact SDA for further information or Mr. D. T. Dresch, JP., Organiser for Arthritis Care, Hill House, Branksome Park Road, Camberley, Surrey, GU15 2AL (telephone: (0276) 63713.

TALKING BOOKS FOR THE HANDICAPPED provides a postal cassette library to any man, woman or child who is frustrated from reading in the normal way. Members include those suffering from physical or mental handicaps, the elderly, dyslexic and dialysis patients and victims of accidemnts or war. Their books can provide relief from loneliness, boredom and frustration.

The Talking Books service loans players which are especially designed for simplicity of use and cassettes which are also easy to handle with up to 12½ hours playing time on each one. The cost of postage both ways on the cassettes and machines is also covered.

VOLUNTEERS are URGENTLY NEEDED to SPREAD THE WORD about Talking Books to potential members and/or FUNDRAISERS in any capacity.

ANNE SMITH

FOR

ADITTI

FABRIC DESIGNERS AND PRINTERS

PRINTED SILK AND COTTON SHIRTS AND SEPERATES
USUALLY AVAILABLE FROM STOCK
T.SHIRTS/HANKERCHIEFS/SCARVES Printed with your own design

ADITTI LTD., 19E TOWER WORKSHOPS, RILEY ROAD, LONDON, SE1 3DG
TELEPHONE: 01-237 0065

J.J.B. OFFICE SERVICES

WORD PROCESSING
TYPING:REPORTS:LETTERS & CV's
AUDIO: TELEPHONE ANSWERING
& MAILING ADDRESS
PHOTOCOPYING : MEETING ROOMS
OFFICE SUPPLIES

KIRKALDY HOUSE, 99 SOUTHWARK STREET, LONDON SE1 0JF
Telephone: 01-261 0561 & 01-928 9679 Answering Service 01-261 0387
Special Rates for Students Theses

MODERNA DRY CLEANERS

High Class Cleaning of Clothes and Household Goods

ALL DONE ON THE PREMISES

162 GT. SUFFOLK STREET, LONDON, SE1 Tel: 01-403 6054

PUBLICATIONS FROM PENSIONERS LINK

A Complete Guide to Sickle Cell Anaemia - is the first of a series of teaching packs useful for health professionals, teachers and the Afro-Caribbean community as a whole. The guide includes:- Facts and general information about the disease, history, teaching aids, a list of available speakers, addresses of information and counselling centres, a book list and 12 handout fact sheets in large type for use in talks and meetings.

The multi-coloured pack is simply designed, and is an ideal tool for speakers, group leaders and education workers. It includes all the information necessary to give an informal talk on the subject. £1.30 + 30p P&P.

Diabetes — The Facts - is a four page leaflet in large print giving basic information on Diabetes and it's treatment. Available in both English and Gugarati, 5p each — no charge for one copy.

Claim your Rights - A Guide to Benefits for Ethnic Elderly Senior Citizens.

All these publications are available from: Pensioners Link, Health Publications, 17 Balfe Street, London, N9 0EB Telephone: 01-278 5501

NATIONAL LIBRARY FOR THE BLIND

A new computer-based book production system will double the number of new books available from the National Library for the blind. It will also enable faster reprinting of titles in demand.

The new system means that 200 new books in braille can be added to the library's stock each year in addition to the 200 already being produced by traditional means. The NLB currently stocks a third of a million volumes, about 40,000 titles.

Book texts can now be typed at keyboard terminals with full word processing facilities before being translated for a high-speed computer controlled braille embosser. The systems allows books to be typed by volunteers using micro computers in their homes.

The new systems also has potential for producing books in large print and moon type. Duplicate copies can be produced quickly, with each volume taking seven minutes, compared with ten days for a manual copyist to produce the same quantity of braille. The system cost over £120,000 and was designed by Dr. John Gill, of the Research Unit for the Blind at Brunel University

MIDLAND BANK SERVICES FOR VISUALLY-HANDICAPPED PEOPLE

The Midland Bank is now providing free of charge large print bank statements for visually handicapped customers. They are offered in addition to ordinary statements. Special services for visually handicapped people already operated by the bank include Midland Access and gold MasterCard statements in braille, booklets on Midland's services in braille or large print, and a cheque template.

The new system for large print statements was developed at Brunel Research Unit for the Blind. Tapes contain all the information on the ordinary statements, and are identified by branch name and account number to preserve confidentiality.

London Bridge Coachworks

ACCIDENT REPAIR CENTRE

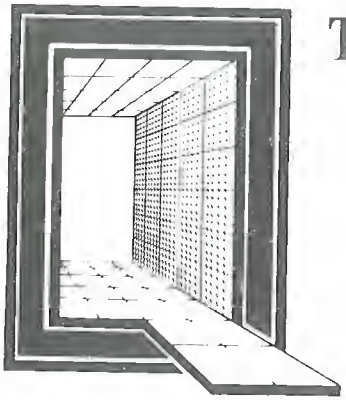
★LOW BAKE SPRAY BOOTH ★REPAIRS
★COLOUR MATCHING ★RESTORATION
★BODY JIGING ★RESPRAYS

INSURANCE
COMPANY APPROVED
REPAIRERS

ESTIMATES
FREE COLLECTION
& DELIVERY

01-403 0335

217 LONG LANE, LONDON SE1 4PR



THE QUADRANT STUDIOS

NEW HIBERNIA HOUSE
WINCHESTER WALK
LONDON SE1 9AG
TELEPHONE: 01-407 0261

BROCHURE DESIGN
CORPORATE IDENTITIES
PACKAGING
PROMOTIONAL LEAFLETS & PACKS

BRITISH RED CROSS SOCIETY

The Society have a shop at 160 Peckham Rye, London SE22 Telephone 01-693 4512. They sell good used clothing for Ladies, Gentlemen and Children and also bedding, curtains and Bric-a-Brac.

At present they are open from 2-4.00pm Thursdays and their Medical Loan Department is open 10-1.00pm and 2-4.00pm Monday to Friday.

CAN YOU DRIVE ?

If so, and if you can spare a morning, afternoon or evening each week, you can help a local group to pick people up for activities. Contact Helen at the SDA for further information.

DISCRIMINATION AND DISABLED PEOPLE

★ An insurance company refused a woman's application for an endownment policy because 'she was too great a risk'. On the medical report she had stated that 8 years ago she had been treated in hospital for depression'.

★ A group of mentally handicapped people in Essex were refused a holiday booking simply because they were mentally handicapped.

★ A cinema manager refuses entry to a woman in a wheelchair. She challenges his right to do so and receives the reply, 'people like you should stay indoors'.

Those are examples of the discrimination experienced by people with disabilities. How can it be tackled? Many people believe that it should be banned by law. Such anti-discrimination legislation would:

★ Make direct discrimination illegal where, for instance, cerebral palsied people are turned away from pubs, clubs and other places of entertainment, or turned down for jobs, simply because they are disabled.

★ Make indirect indiscrimination illegal where, for instance, blind people with guide dogs are refused admission to shops because 'no pets are admitted'.

The Spastics Society paper 'Discrimination and Disabled People' discusses anti-discrimination legislation in greater depth. For a free copy contact the Lobbying Dept., Spastics Society, 12 Park Crescent, London, W1N 4EQ.

What do you feel about this matter?

Contact SDA and let us know your views. If you have any personal examples of discrimination on the grounds of disability which will be treated in confidence, contact SDA or Eileen Fry at Spastics Society.

You can also write to your MP at The House of Commons, London, SW1A 0AA telling him or her your views on this subject. Ask for his or her opinion.

ANCHOR ASSEMBLIES

Industrial Electronics★Hardware & Software
Authorised MAPCON Consultants

UNIT 20a TOWER WORKSHOPS
RILEY ROAD, LONDON SE1 8UB
Telephone: 01-237 3232

Galperin & Davidson Ltd.

PRINTERS & DESIGNERS FOR EXCLUSIVE WALLCOVERINGS

5-11 Lavington St. London SE1 0NZ
Telephone: 01-633 0076

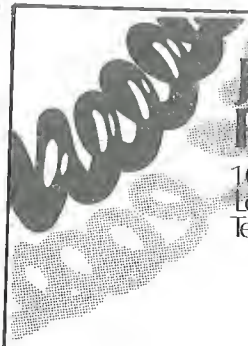
Tempo
Filmsetting

Phototypesetting
Headlines Artwork
Camera and PMT service

217 Long Lane, Bermondsey London SE1 4PN
Tel: 01-407 0159

London Town Despatch Limited
407 8980

BIKES • VANS • TRANSITS • LUTONS
• NATIONAL OVERNIGHT SERVICE •



Judy Totton Publicity
1 Cathedral Street,
London SE1.
Tel. 01-403 1274/0872

COMPUTERISED INFORMATION SERVICES

Here is news of two new computerised information services. Both are completely confidential and aim to simplify the process of finding suitable homes and services.

CARESEARCH — Registered Charity No. 265249.
1 Thorpe Close, Portobello Green, London, W10.
Tel: 960 5666

This is a new computer based information service to help people with a **mental handicap** in the search for a suitable home and services. It covers hostels, voluntary homes, schools and Housing Associations throughout Britain.

How Does it Work?

★ the individual with a mental handicap, carer or Social Worker contacts **CARESEARCH.**

★ **CARESEARCH** sends a form and you fill in the confidential form stating your own requirements.

★ **CARESEARCH** match your needs with the information on the computer and send you a list of possible suitable care situations including latest known vacancy details.

★ from then on you select and contact the homes yourself.

All searches cost £5.00

CAREMATCH — Registered Charity No. 287934.
286 Camden Road, London N7 0BJ. Tel: 609 9966.

This is a new computer based service to help **physically disabled** people who are looking for suitable residential care. It covers the Greater London area.

How Does it Work?

★ the individual with a disability (who must be under 65), or carer or Social Worker contacts **CAREMATCH.**

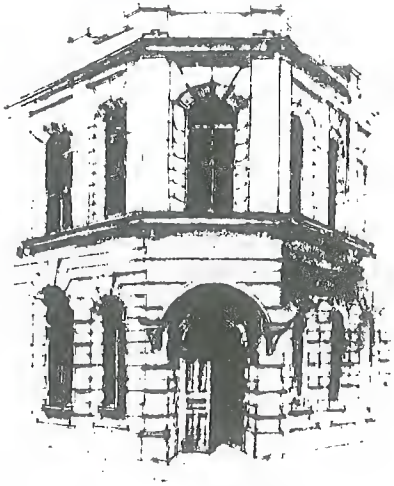
★ **CAREMATCH** sends a form

★ You fill in the confidential form stating preferred area, type of accommodation sought, amount of help required etc.

★ **CAREMATCH** match your form against their information on residential homes in the database.

★ **CAREMATCH** send you a list of possible suitable homes.

For further information you can contact Lin Berwick, Telephone Counsellor, on Hornchurch (040 24) 58325 from 2-5pm Monday-Friday.



WADHAM
8 POCOCK STREET, LONDON SE1 0BJ
TELEPHONE: 01-928 8080

DESIGN ● ARTWORK ● PHOTOGRAPHY

J.C.COLOUR

24 HOUR LITHOGRAPHIC PROOFING SERVICE

UNIT 8 SUFFOLK HOUSE 127-129 GREAT SUFFOLK STREET SE1
TELEPHONE: 01-403 7936/7938

TRANSPORT

We were pleased that Dial-A-Ride has been funded through London Regional Transport after March 31st, although the money allocated to the service does now allow for further expansion. Dial-A-Ride in Southwark hope to have their third vehicle soon and now have over 800 members.

The Taxi Card scheme has to be funded by the London Boroughs and it looks as if most of them have agreed to continue the scheme with the administration possibly being done through London Regional Transport.

Your taxi card holders association has been active in contacting local Councillors and M.P.'s to enlist their support for the scheme to continue.

SPORTS AND LEISURE

LADYWELL SPORTS — This years Inter Borough Sports takes place on April 19th, 1986. The usual events are taking place: shooting, table tennis, javelin, discus, shot put and darts. Anybody interested in taking part in any of these events please let me know as soon as possible. Closing date is APRIL 1st. No entries accepted after this date.

DATES TO REMEMBER: Bowls starts in May. Fishing starts 17th June. Open Sports at Ladywell in September.

SOUTHWARK PENGUINS — As from 30th January the Southwark Penguins swimming club will be meeting on a Thursday evening between 7-8.30pm. Please note new date and time. We will be using the pool at the same time as the Borough's own swimming club and have the opportunity of being helped by qualified coaches. Anyone interested in joining the club or who can help in some way, either escort a coach or help out in the pool, please ring 701 7616 or 703 0352 and ask for Steve Thoms.

ARCHERY — There is still plenty of room on the coach for archery on a Tuesday evening from 7.30-9.30pm. Transport picks up from 6.15pm onwards, please come along and have a go. Ring the office for further information.

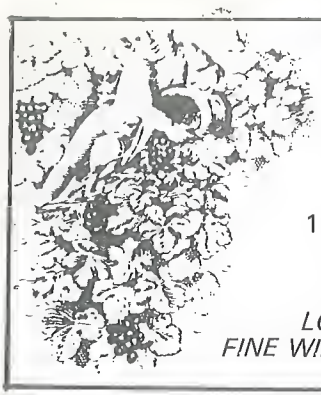
BOWLS AND FISHING — Bowls begins in early May so if you would like to go please let me know as soon as possible. If anyone is willing to escort the coach on Friday nights from May to September, pick up from 6.15pm please let me, Steve Thoms, know on 701 7617 or 703 0352.

FISHING — will start on June 17th. Anyone wanting to go please let me know. Again, help is requested from anyone who is able to give some time on a Tuesday evening between 7 & 9pm. If you can help either by escorting or helping at the venue, please let me (Steve Thoms) know — Thanks.

* * * * * * STOP PRESS * * * * * *

The B.S.A.D. Fishing Tournament takes place on Saturday July 5th at Southmere Lake, Thamesmead. More details when they are known.

* * * * * * * * * * *



OFF LICENCE

SUFFOLK STORES

166 GT. SUFFOLK ST.
LONDON, SE1
Tel: 01-403 1252

LOCAL STOCKISTS OF
FINE WINES - BEERS - SPIRITS - Etc

McCALLUM CHEMICALS

HAIR GEL MANUFACTURERS
TO YOUR REQUIREMENTS

OWN LABEL, OR UNLABELLED

ANY QUANTITY

Unit 12a Tower Workshop, Riley Road
London SE1

Telephone: 01-237 5672

FRUIT IMPORTERS IN SOUTHWARK SINCE 1920

J. O. SIMS LTD.

Winchester Square, Borough Market, London SE1 9AQ

Telephone: 01-407 0756 **Telex: 885386**

HOLIDAYS

ACTIVITY HOLIDAYS — A wide range of activities are offered by Constance Activities Holidays to Disabled People who like active holidays, both educational and sporting.

The holiday is one week at the National Star Centre for the Disabled in Cheltenham. The cost is £149.50 fully inclusive. For further information you can either write direct to Constance Activity Holidays, Grosvenor Hall, Bolmore Road, Haywards Heath, West Sussex RH16 4BX. Tel: 0444 458011 or give the SDA office a ring (701 7616 or 703 0351) for more information.

* * * * * * * * * * * *

Now that the time has come to think about your holidays, you may realise that there is a great number of places to go and things to do.

You might like to go abroad either by sea or air. Most shipping companies and airlines make special provision for the disabled, but you must let them know when you make your booking that you have a medical problem. If you are not sure whether you can fly, contact your doctor and ask for a certificate saying that you are fit enough to fly. Most airlines insist on this certificate.

Self Catering Holidays are very popular and several companies provide accommodation for disabled people and their families. There are country cottages in England and Wales or perhaps a cruise on the Norfolk Broads.

Package tours are organised by one or two specialist companies, although of course you can go with any of the major tour operators, but check with them about accommodation and travel arrangements. If you are going with a friend or your family it may be best if you were able to hire a car to get you around, especially if you are going abroad and you want to see something of the place you are staying in.

THE DISABLED TRAVELLERS CLUB LTD. This is a new body. Their objectives are:—

The object: To supply all disabled with a central office of information on any aspect of travel, to provide full cover on all countries in Europe, through International Aid for the Disabled.

The object: To include disabled of any age, or any disability who wish to take advantage of the many services that they intend to extend to all their members.

The object: To provide expert advice on Pensions, allowances and mobility, hire purchase etc.

The object: To provide carefree holidays through their own Travel Agents Holidays on Wheels', Mr. Ronnie Cronin himself confined to a wheelchair, is well aware of the needs of the disabled and will ensure that everything is done to ensure that you will have a carefree holiday at a reasonable price.

The object: To promote the integration of able and disabled to travel and to meet other able and disabled from other countries to partake in activities and to attend meetings designed to inform as well as entertain.

The object: To obtain discounts for club members from ferry companies, car suppliers, mobile homes, caravans and many other goods and services, a complete list will be sent to all members.

Pharos Distribution Services Limited

PRINTED MATTER ★ DESPATCHED OVERSEAS

5-11 LAVINGTON STREET, LONDON, SE1 0NZ
Telephone: 01-261 9704/9734 Telex: 938081

SWIFT CONVERTORS

★ SHEETING ★ SLITTING ★
★ GUILLOTINING ★
★ TAPE SLITTING ★

TOWER WORKSHOPS, UNIT 3
RILEY ROAD, LONDON SE1 3DQ

Telephone: 01-237 0208

G. E. MORGAN & SON

HIGH CLASS BEEF and PORK BUTCHERS

WHOLESALE AND RETAIL ★ FREEZER ORDERS WELCOMED
AT SPECIAL RATES ENGLISH LAMB AND SCOTCH BEEF

40/42a SNOWSFIELDS, LONDON BRIDGE, SE1
Telephone: 01-407 1718 (Home) 01-529 0359

The object: This club does not intend to have large offices or to have staff paid when all they need are dedicated people to consider the needs of those less fortunate, all their staff give their services freely, but they have expenses such as postage, telephone and printing etc.

The object: To consider you the disabled to be the most important person and to provide you with the most comprehensive service ever offered. They intend to show the world that after over 25 years research that they have the answer.

The object: To enroll 20,000 members in the next three months.

ENTRANCE FEE £3.00 ANNUAL SUBSCRIPTION £2.00. Overseas Members can send an International Money Order. APPLY FOR MEMBERSHIP TO: Mr. R.J. Cronin, 8 Worthington House, Myddleton Passage, London EC1R 1XQ.

BENEFITS PAGE

Changes to Invalidity Benefit — Invalidity benefit claimants would have been looking forward to a significantly increased income this year following much publicised announcements by the Government that their benefit would increase by 12% this year in order to restore the 5% cut made in 1980 in lieu of taxation.

Many people will therefore now be disappointed to discover that their benefit has increased only very slightly — if at all.

This is because changes are now being introduced to the structure of the benefit which will reduce the amount new claimants will be able to receive.

Invalidity Benefit is made up of an INVALIDITY PENSION and AGE-RELATED ALLOWANCE and an EARNINGS RELATED ADDITION. Up until 25th November, invalidity benefit claimants were able to receive all three components. However from the 25th claimants are not able to receive both an age-related allowance and an earnings-related addition. Instead the earnings-related element is set against the age allowance and a claimant can only receive the equivalent of the higher rate.

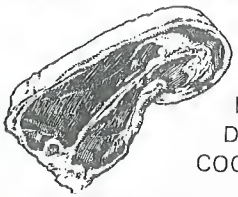
Transitional arrangements apply to existing claimants so that no one will actually lose money. However, they will not receive a further increase in benefit until their income is equal to what it would be according to these new regulations.

The Government reasoning for this change is that these two additional components overlap, i.e. they serve the same purpose. However, the age allowance is supposed to compensate a person for a loss in earning power in the years following incapacity whereas the earnings-related addition reflects the level of earnings before the onset of disability. This reasoning is therefore questionable.

On the other hand, restoring the 5% cut in invalidity benefit will cost the Government £65 million, whereas the above changes to the additional components of the benefit will save the Government £70 million in 1986/87.

SUFFOLK MEATS

Bill Mullins



SCOTCH BEEF
ENGLISH LAMB
DAIRY FED PORK
COOKED MEATS, Etc.

156 GT. SUFFOLK STREET
LONDON, S.E.1.
Tel: 01-403 2851

DAVIS STORAGE

Warehouse & Distribution

74 BOROUGH HIGH STREET
LONDON, SE1
Telephone: 01-407 7771

The Garden Centre

Everything you need for your Garden
FISON - I.C.I. - WINDMILL PRODUCTS

★ *FOR ALL YOUR GARDENING REQUIREMENTS*

★ *BUILDERS MATERIALS*

★ *SCAFFOLDING SUPPLIED & ERECTED*

★ *CALOR GAS DELIVERIES*
AND HEATERS SERVICED & SUPPLIED

77-83 GT. SUFFOLK STREET, LONDON, SE1
(opposite Cable and Wireless)
Telephone: 01-633 0416

MJL Cartographics

MAPS ILLUSTRATIONS
ARTWORK DESIGN
SLIDES OHP's

New Hibernia House, Winchester Walk,
London SE1 9AG Telephone 01-407 1267

Jainex International Ltd.

Central Buildings
24 Southwark Street, London SE1

Tel: 01-407 9372

Telegrams: Jainex London SE1
Telex: 883748

Severe Disablement Allowance — this has been extended from 28th November, 1985 to include people in the 35-49 age group.

Severe Disablement Allowance is a weekly cash benefit for people who have been incapable of work for at least 28 weeks but who do not have enough National Insurance contributions to qualify for sickness and invalidity benefit. It is not means-tested, nor is it taxable.

It particularly benefits people who:-

- are not eligible for Supplementary Benefit, for example with capital savings over the limit.
- have income above Supplementary Benefit levels.
- would not otherwise get the £10 Xmas bonus.
- are on Supplementary Benefit and need to go to hospital a lot (as unlike S.B., S.D.A. is payable for the first 8 weeks on admission).

Claim on DHSS form NI 252

Invalid Care Allowance — As this goes to print we do not have recent news of the outcome of the Drake case.

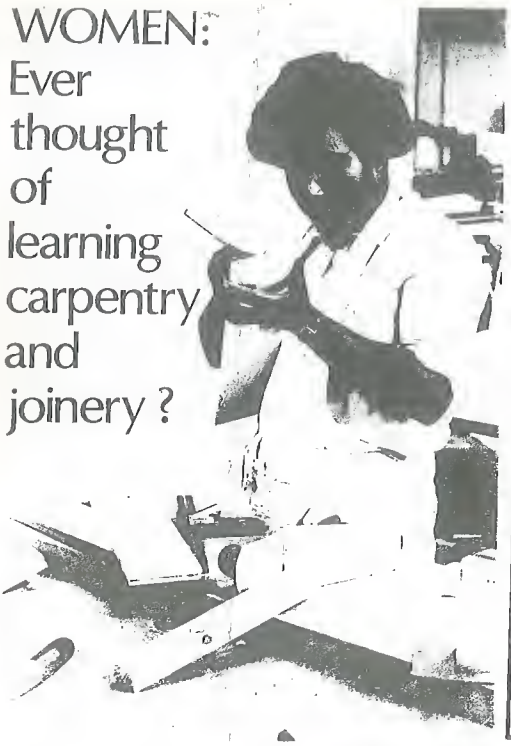
Reform of Social Security — Following the consultation on the proposals for 'Reform of Social Security' published in the Green Paper in June 1985 the Government have now published firm proposals for change in a White Paper 'Reform of Social Security: Programme for Action'. Legislation to give effect to the changes will be put before Parliament for approval shortly. What benefits are affected?

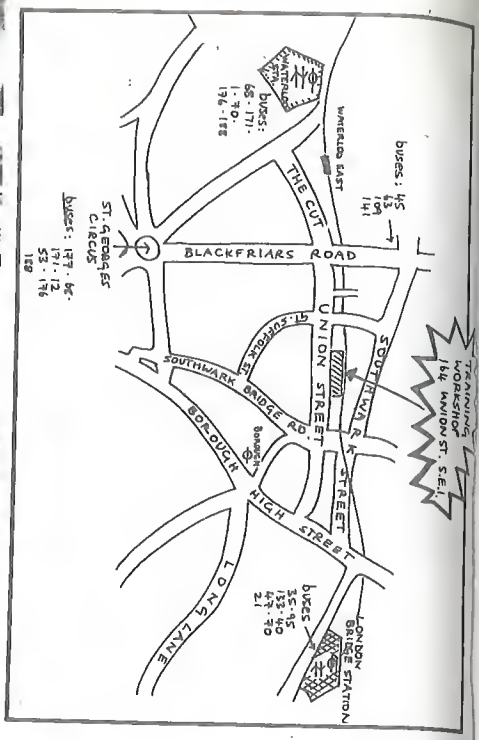
1. State Earnings Related Pension — to remain, though modified, with personal pensions encouraged.
2. Supplementary Benefit — to become Income Support with a basic rate with premiums for different groups e.g. disabled. A family with a disabled member will be able to decide which partner claims benefit to qualify for the disablement premium. Each disabled child in a family will be entitled to a double family premium. Additional Requirements to be incorporated within the premiums.
3. Social Fund — discretionary, cash limited, offering repayable loans with no right of appeal.
4. Housing Benefit entitlement rules will be the same as for income support with a steeper taper. With maximum level of help, 20% of rates will be paid by claimant.
5. Family Income Supplement — replaced by Family Credit paid through the main pay packet.
6. Widow's Benefit replaced by lump sum of £1,000.
7. Maternity Grant abolished. Social Fund to help the poorest.
8. Death Grant abolished. Social Fund to help the poorest though repayable from estate of deceased.

Of these proposals the Social Fund and abolition of Additional Requirements will hit people with disabilities living in the community hardest. There is concern that the Disablement Premium will not be enough to cover the additional requirements of those most disabled.

Inform Southwark Disablement Association of your views.

WOMEN: Ever thought of learning carpentry and joinery ?





PROBABLY NOBODY EVER SUGGESTED THAT YOU LEARN A TRADE, AND LOTS OF US HAVE BEEN PUT OFF BY NOT KNOWING WHAT TO DO WITH THE KIDS, OR THINKING WE'RE TOO OLD FOR SERIOUS TRAINING..

★ NOW'S YOUR CHANCE!

Southwark Council has set up a Women's Carpentry and Joinery Training Workshop in Union Street, SE1 (near Blackfriars and London Bridge).

It is for women living in Southwark who want to go into paid employment. Priority is given to black and white working class women, single parents, women over 25 and women with no education past secondary school.

There is provision for teaching deaf women, and it is hoped to make courses available to women in wheelchairs in the near future.

★ NO EXPERIENCE NECESSARY!

The courses are full-time for 22 weeks. They are for beginners and aim to take you to the level of first year City and Guilds. There will be a basic introduction to the trade including practical and theory, site and bench work.

If your maths and reading are a bit rusty there will be refresher courses for you. We will also advise you on future training and employment prospects.

★ CHILDCARE

We realise that childcare will be a problem for some women, so we have a childcare co-ordinator who will help you with your individual needs – daycare, after school and holidays. We do not promise miracles, but every effort will be made to ensure the safe and happy care of your children for the duration of the course.

★ THE COURSES ARE FREE AND THERE ARE TRAINING AND CHILDCARE ALLOWANCES.

IF YOU ARE INTERESTED, PLEASE RETURN THE ENCLOSED FORM TO:

Southwark Women's Training Workshop
2nd Floor
164-180 Union Street
London SE1 0LH

Tel: 01-261 0575/6

SPECIALISTS IN RESTAURANTS
HOTELS COFFEE MACHINES
AND BOILERS
PLUMBING, HEATING, & GAS FITTING

M.B.Services (Coffee Machines) Ltd.

103 GREAT SUFFOLK STREET, LONDON SE1 1PE
Telephone: 01-407 9960 (24 hr. Answering Service 01-407 4366)

LOCAL M.P.'S SURGERY TIMES

HARRIETT HARMAN — LABOUR

1st Friday in the month - Walworth Town Hall, Walworth Road, SE17	5.30-7.30pm
2nd Friday in the month - Camden Tenants Hall, Camden Square, SE15	2.00-3.30pm
3rd Friday in the month - Peckham Town Hall, Peckham Road, SE5	5.30-7.30pm

GERALD BOWDEN — CONSERVATIVE

Friday evenings from 7.30pm at: 110, Lordship Lane, London, SE22. No appointment is necessary but it would be helpful to ring Victoria Bignold on 299 0522 to let them know you are coming.

Whitworth Electric Co. Ltd.

86-88 Scoresby Street, London, SE1 0XN
Telephone: 01-928 6063

Do You Need Advertising at:

PUBLIC GATHERINGS?

RACE MEETINGS?

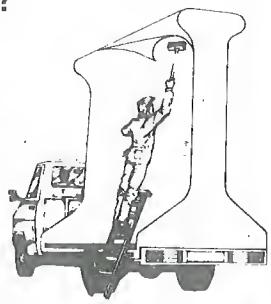
POP CONCERTS?

RUGBY/FOOTBALL MATCHES?

BUSY SHOPPING AREAS?

Then contact the most professional moving Poster Company

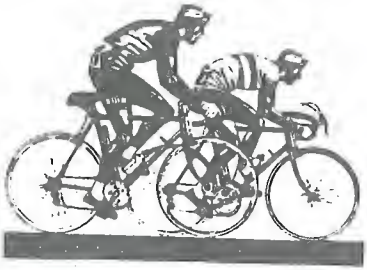
Admobile Ltd.
99 SOUTHWARK STREET
LONDON SE1 0JF
Telephone: 01-261 9217 & 01-633 9603
Telex: 8951182 GECOMS G



Admobile

CROSS BAR FLYERS

UNIT G2,
164/180 UNION STREET,
LONDON SE1.



- ★ WE ARE PUSH BIKE MESSENGERS BASED IN CENTRAL LONDON
- ★ WHY DON'T YOU PUT US TO THE TEST FOR INSTANT DELIVERIES OF
- ★ LETTERS / PARCELS / PACKAGES / COMPUTER DATA, ETC. ETC
- ★ WE DELIVER TO PROCESSING LABS – ART & DESIGN STUDIOS ADVERTISING AGENCIES – RED STAR STATIONS, ETC. ETC.
- ★ WE OFFER A SAME DAY – SHORT NOTICE – SUPERFAST DOOR TO DOOR SERVICE
- ★ WE DO THIS AT THE CHEAPEST RATES IN TOWN
- ★ PROOF OF DELIVERY GIVEN IF REQUIRED

PHONE 261 0686

CITY AND WEST END £2.50 A DROP

FREE PUBLICATIONS

IF YOUR ASSOCIATION OR CLUB WOULD BE INTERESTED IN HAVING FREE PROGRAMMES ★ DIARIES ★ CALENDARS TELEPHONE ADDRESS AND NOTEBOOKS WALLPLANNERS ETC., *Please contact:-*

J. A. ALTER,
CLARENDON HOUSE, 23 CARDIFF ROAD
LUTON, BEDS. LU1 1PP

Telephone: Luton (0582) 429595

THE NEW BOROUGH VIDEO CENTRE

164 GT. SUFFOLK ST. SE1
TEL: 407 0368 OPEN 12noon-8pm

BOROUGH'S SMARTEST VIDEO CENTRE

OVER 1000 Films IN STOCK

£10.00 Life Membership
A large selection of films for £1.00 per night.
SPECIAL:- FRI-MON £2 per film

B VIDEO

FOR 1001 Things you need.
ALL TOP BRANDS
BLACK & DECKER
TEFAL : RUSSELL HOBBS
SWAN : ROWENTA : ADDIS
PYREX : POLYCELL : STANLEY
AND 100'S MORE!
WE ALSO CARRY A RANGE OF FANCY GOODS - IDEAL FOR PRESENTS OR YOUR HOME
CUT GLASS - STATUES - FOOTSTALLS - BRASS
WHAT'S MORE, WE ALSO CARRY SOME VERY CHEAP LINES - THIS MONTHS SPECIAL:- Quartet Toilet Rolls 4 for 65p!

VISA

THAT'S NICE HARDWARE STORE

164 GT. SUFFOLK ST. SE1 - TEL: 407 0368

SQUARE MILE DISTRIBUTORS LIMITED

NEWSPAPER/PERIODICAL DELIVERIES
SUBSCRIPTION AGENTS — BOOKSELLERS

NEWSPAPERS · MAGAZINES · PERIODICALS

DELIVERED TO YOUR HOME · BUSINESS · ORGANISATION

IN THE EARLY MORNING THROUGHOUT LONDON

ALL SUPPLIES LABELLED & POLYTHENE WRAPPED FOR PROTECTION

164-180 UNION STREET, LONDON SE1 OLH

TELEPHONE: 01-928 3306/928 2081

DHG

DEVERELL, GIBSON & HOARE LTD.
(Founded 1888)
HARLING HOUSE,
47-51 GREAT SUFFOLK STREET,
LONDON SE1 0PA.

LITHOGRAPHIC PRINTERS

Telephone 01-928 4446

LAKER SHARVILLE

Design Associates

ARE AN ESTABLISHED AND RESPECTED DESIGN COMPANY SPECIALISING IN WORKING CLOSELY WITH ADVERTISING AGENCIES, PR COMPANIES AND DIRECTLY FOR INDUSTRY.

SKILLS RANGE FROM THE INVESTIGATION, DESIGN, IMPLEMENTATION AND MANAGEMENT OF CORPORATE INDENTITY PROJECTS TO THE PRODUCTION OF SPECIALISED TECHNICAL & CONSUMER LITURATURE. WE HAVE CONSIDERABLE EXPERIENCE IN THE PREPERATION OF LEGIBILITY & FEASIBILITY STUDIES & WILL PLAN & BUDGET FROM INITIAL DESIGN CONCEPTS TO FINAL PRODUCTION IN ALL ASPECTS OF VISUAL COMMUNICATION.

OUR CLIENT LIST INCLUDES:
THE CHARLES BARKER GROUP : B.P. INTERNATIONAL CAPITOL RADIO : CHUBB FIRE : THE ENGINEERING COUNCIL AND LONDON TRANSPORT.

164-180 Union St. London SE1 0LH Tel: 01-928 2535

W.G. STATIONERY COMPANY

164/180 UNION STREET

LONDON SE1 0LH

TELEPHONE: 01-928 0915

WE ARE HERE TO SERVE YOU WITH ALL YOUR OFFICE SUPPLIES

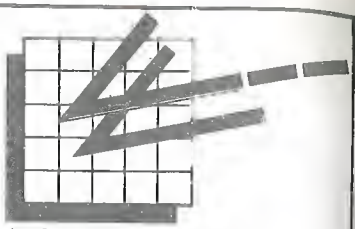
STATIONERY — PRINTING

OFFICE MACHINES AND EQUIPMENT

SERVICE IS OUR SPECIALITY

INSTANT PRINTING
TYPESETTING / ARTWORK

UNIT G4, 164-180 UNION STREET
LONDON, SE1 0LH
TELEPHONE: 01-261 0635



STRAIGHTLINE VIDEO
VIDEO PRODUCTION CO.
New Hibernia House, Winchester Walk
London SE1 9AG
Telephone: 01-407 1267

THE COMPLETE CUE SERVICE

- FINE ONE AND TWO PIECE HAND MADE CUES MADE TO ORDER
- CUE CASES
- REPAIRS AND ALTERATIONS
- ONE TO TWO PIECE CUE CONVERSIONS
- REPLICA CUES MADE
- SECOND HAND CUES BOUGHT AND SOLD
- DELIVERY AVAILABLE THROUGHOUT THE U.K. FROM

HUNT & O'BYRNE

1st FLOOR, 99 SOUTHWARK STREET,
LONDON SE1 0JF. TELEPHONE: 01-261 0385

OPEN TUES TO SAT 12—5.30 PERSONAL CALLERS WELCOME

ALL GOOD WISHES from

HARPERS
WINE AND SPIRIT GAZETTE

Harling House
47-51 Great Suffolk Street
London, SE1 0BS
Telephone: 01-261 1604
Telex: 23369 ESANES-G

HIGHLINE DISPLAY LIMITED
84/88 Great Suffolk St., London SE1 0BE

POINT OF SALE
DISPLAY MANUFACTURERS

Tel: 01-261 9033

G. WORRALL & SON LTD

(ESTABLISHED OVER 80 YEARS)

LOCK ★ KEY
and SAFE SPECIALISTS

174 GT. SUFFOLK STREET, LONDON, SE1 1PE Tel: 01-407 8498

PLEASE SUPPORT THE

ADVERTISERS

AS WITHOUT THEIR SUPPORT

THIS PUBLICATION WOULD

NOT HAVE BEEN POSSIBLE.

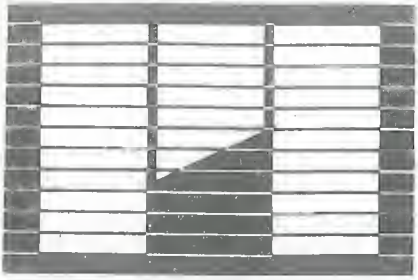
THIS SPACE HAS BEEN TAKEN BY

DATA CARE

BUSINESS SYSTEMS LIMITED

70 NEW COMEN STREET : LONDON SE1

Telephone: 01-403 2411



POSITIVE IMAGE LTD

AUDIO-VISUAL
& VIDEO PRODUCTION

NEW HIBERNIA HOUSE
WINCHESTER WALK
LONDON, SE1 9AG
Telephone: 01£407 0265

HEAR THE BEST IN HI-FI

At the SOUND ORGANISATION we have a well deserved reputation for supplying the world's finest hi-fi equipment.

In our comfortable demonstration room you can choose from a carefully selected range of equipment. You will get expert advice and as much time as you require to make your choice. If you like what you hear we will deliver and install the equipment to ensure that it is working to its optimum performance.

We are conveniently situated near the City, opposite London Bridge Station. So before you go out and buy that flashy Japanese midi system come and hear what Real hi-fi can do. You may not believe your ears.

THE SOUND ORGANISATION
No 1 Cathedral Street, London SE1
☎ 01-403 2255 & 3088
Open: Tuesday to Saturday 10am-7pm

showshirts

We are THE custom printers of Tee Shirts and Sweatshirts

LET US HELP YOU!

We specialise in

- One-off jobs for T.V. and Promotions
- Large or small quantities
- Production Teams T's and sweatshirts
- Embroidery
- Badges
- Sashes

In order to maintain our high standards and efficiency we have moved to new premises at

4 Valentine Place, Waterloo, London SE1 8QH Tel: 01-928 2424

METRO
PRINT FINISHERS

METRO PRINT FINISHERS
UNIT 6
TOWER WORKSHOPS
RILEY ROAD, LONDON SE1
Telephone: 01-237 0196

CUTTING AND CREASING SPECIALISTS
SHOWCARD AND DISPLAY ASSEMBLY

LONBRIDGE DELTA International Freight

LONDON:	HEATHROW:	MANCHESTER:	CASTLE DONINGTON	NORTHAMPTON:
Tel: 01-403 3266	Tel: 01-890 6111	Tel: 061-945 3221	Tel: 0332-850606	Tel:0604-66430/66531
Telex:916015LONDEL	Telex:935603LONDEL	Telex:668039LONDEL	Telex:377454FT INT	Telex: 312203

N.S. ROSS

CHARTERED ACCOUNTANTS

Our job is
to make your life easier

We can help
with your accounts, audit them,
look after your tax and give you
general financial advice

No job is too small

For further information
contact Nick Ross on 01 403 4384

TANNER PLACE,
54-58 TANNER STREET,
LONDON SE1 3PH

· FEES DISCUSSED IN ADVANCE ·

GAMESTER KENYON

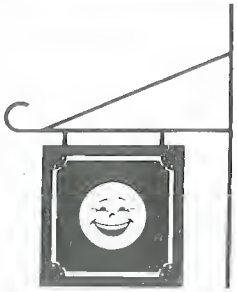
64-66 Central Buildings
24 Southwark Street
London SE1 1TX
01-378 6697/8

GEARY INSTRUMENTS LTD.

MANUFACTURERS OF:

E.N.T. SURURGICAL INSTRUMENTS & APPLIANCES
TO YOUR INDIVIDUAL REQUIREMENTS

No. 1 GRAND VITESSE INDUSTRIAL CENTRE, 38 GT. SUFFOLK STREET.
LONDON, SE1 0WE Telephone: 01-633 0019



SMILE
EMPLOYMENT
AGENCY

151 Borough High Street, London SE1 1HR
Telephone 01-403 4191. Telex 893614 SANLON

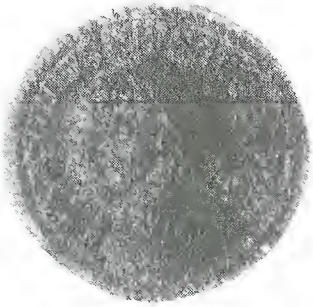
Your friendly local Agency—
come up and see us some time

Ace Translations Limited

151 Borough High Street, London SE1 1HR
Telephone 01-403 5919 Telex 893614 SANLON

WE CAN HELP WITH ALL YOUR TRANSLATION PROBLEMS

SENATOR
GRAPHICS LIMITED



FOR ALL YOUR
TYPESETTING NEEDS

HARLING HOUSE, 47-51 GREAT SUFFOLK STREET
LONDON, SE1

Telephone: 01-928 0413

TOWER JOINERY

E & H BUILDERS LTD.

JOINERY, BUILDING and
DECORATING CONTRACTORS

PLUMBING, HEATING and
ELECTRICAL ENGINEERS

TOWER WORKSHOPS
UNIT 2c RILEY ROAD
LONDON SE1

Telephone: 01-231 0479

MARTYN ELMS

UPHOLSTERER

Traditional and Modern
Specialist In All Fabrics
Soft Furnishing
Quality Workmanship
Free Estimates

12b TOWERWORKSHOPS, RILEY ROAD
LONDON, SE1 8UB

Telephone: 01-237 6299

Text

Filmsetters to
Studios
Agencies
Printers &
Publishers (Book & Magazine)

Over 1,600 typefaces available on the Linotron 202

For complete list and catalogue contact Mel Hobbs at
Text Filmsetters Ltd, Unit 310, 164-180 Union Street, London SE1 0LH
Telephone 01-928 9091 – Fax 01-928 9447

fee

Computer Maintenance Services Ltd.

164 UNION STREET, LONDON SE1 0LH
Telephone: 01-928 7439
Telex: 8953168

SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER No. 41

AUTUMN EDITION 1986

Southwark Libraries
Principal Reference Library
155/157 Walworth Road
LONDON SE17 1RS
Tel: 01-708 0516 DIRECT LINE

ROOM 48
AYLESBURY DAY CENTRE
BOYSON ROAD,
LONDON, SE17

Telephone: 01-701 1391

We are open for giving advice and information on:—

Mondays: 1.30pm to 3.30pm

Wednesdays: 10.30am to 12.30pm

Fridays: 1.30pm to 3.30pm

PAINTING ON GLASS
HANDICRAFTED
by
Crystoleum Studios

TOWER WORKSHOPS
LONDON BOROUGH of SOUTHWARK
LONDON, SE1 3DG
Telephone: 01-237 8038

Bexley Displays Ltd

164 Union Street
(Unit 109)
London SE1
01 – 261 1397

DISPLAY STANDS

JOINERY

AND EXHIBITION WORK

SOUTHWARK DISABLEMENT ASSOCIATION

LONDON BOROUGH OF SOUTHWARK SOUTHWARK COLLECTION

Chairman — Michael Pearson
Director — Mary Marshall
Admin. Secretary — Maureen Shbero
Advice Workers — Helen Davies
Marilyn Little
Leisure & Access Worker — Stephen Thoms

NEWS FROM THE S.D.A.

I hope everyone who came to our Half Yearly Meeting found the evening informative and enjoyable. The G.L.A.D. film on sports activities for people with disabilities was very good. Our Half Year Report concentrated very much on our Advice Work and gave people a very clear idea of the work involved to obtain the benefits and services which our clients need and the success we have.

The tombola stall at the gala day on Peckham Rye was not quite flooded, but nearly so! It raised £19.30p and thanks to our Chairman, Mike Pearson and Betty Etherington for manning it on the day.

The Alexandra Rose Day on the 17th June was very successful and thanks to all those who helped us by collecting. We collected £573.11p and we are waiting to receive a percentage of the total back for our funds.

The shopping trip on the 24th June was cancelled due to lack of support from people wanting to go shopping. We did, however, take all those who wanted to do shopping in the daytime either to Lewisham or Peckham in 4 mini-trips. Thanks to the small band of helpers who escorted on these occasions.

DID YOU COME TO THE CONCERT? If not, I have no doubt by now you have heard about it. Everyone who came thoroughly enjoyed the performance by the Calton Singers on 8th July and we have had many requests for a repeat (which may be possible around Christmas time). £115.44p was raised for SDA funds. Thanks to the Calton Singers and all those who bought tickets for helping us in this way.

We are busy now putting our application for refunding together as our Urban Aid grant expires next March and writing our Annual Report which brings us to our next major event — the ANNUAL GENERAL MEETING. It will be held on 30th September in the Aylesbury Day Centre — make a note in your diaries **now**. We hope you will all turn out to support us. We will be sending out notices and nomination forms for our Executive Committee. If you are a member please fill in your nomination form — we would like to have a committee which gives a wide representation of groups in the borough and want particularly to have people with disabilities as members of the committee.

If you are not a member — join NOW. Is **your** organisation able to nominate a representative for our Executive Committee? The answer is yes if it is listed here. If you are not listed here and have not sent your membership fee to us since the 11th August then you are **not** a member of S.D.A., therefore you cannot nominate or vote. JOIN **NOW?**

We are as busy as ever — Our Annual Report will describe our work past, present and future.

So come on the 30th September — look forward to see you — Mary Marshall.

LIST OF MEMBER ORGANISATIONS AT 11.8.86

ILEA Careers Service, 55, Nigel Road.
Southwark Adult Education Institute, Special Needs
S.L. Group of the Spastics Society
Southwark Taxi Pass Holders Association
Southwark Phoenix Sports and Leisure Club
King Charles Court Sheltered Housing Unit
Southwark Talking Newspaper
Peckham Guild of Friendship
Multiple Sclerosis Society
Saturday Club for Mentally & Physically Handicapped People
Aylesbury Day Centre
North Southwark Community Mental Handicap Team
Southwark MENCAP
Amicus Club
Nunhead Forum
Disabled People's Club
Director of Southwark Social Services
Thurlow Park School
Southwark Wheelchair Dancing Group
Peckham Citizens Advice Bureau
Cherry Garden School
Walworth Pensioners Project
Dulwich Constituency Labour Party
Southwark Dial-A-Ride
Garden House Project
I.L.E.A. Education Welfare Service
Blackfriars Advice Centre
Southwark Pensioners Action Group
Southwark Crossroads Care Attendant Scheme
Womens Royal Voluntary Service
PHAB Club
Welfare Rights Unit, Southwark Town Hall
F.L.A.T.
Manor and Ninth Feathers Club

NEWS FROM OUR LEISURE & ACCESS WORKER, STEPHEN THOMS

Inter-Borough Sports

On 20th September the B.S.A.D. S.E. London Branch Inter-Borough Sports will be taking place at Ladywell Centre. There will be competitions in Rifle Shooting, Pistol Shooting, Javelin, Shot, Discus, Darts and Table Tennis.

In the Inter-Borough competitions in May we came 2nd in the Darts Tournament by only 3 points. Lets hope we can WIN this time around!

Archery

Archery will be starting again in October on Tuesday evenings. Anyone wanting to take part, please contact the S.D.A. office.

Swimming

Just to let you know that Rotherhithe Baths are now open and the swimming club will be meeting again very soon. Remember, it will now be on a Thursday evening from 7.30 - 8.30pm. Names to the S.D.A. Office.

Fishing Competition on 5th July

A small team went to Thamesmead on July 5th to the Annual B.S.A.D. Fishing Match and Jock Beedie won the pairs competition. There was not mush fish caught on the day, the weather was not very nice so they stayed well out of the way. Well done everyone who took part.

Sports Committee

A sports committee is being set up at the moment with representatives of the various sports activities in Southwark. The idea of the committee is to enable each of the clubs to become an independent body and eventually to arrange all there own club meetings, transport etc., to buy equipment and as a member of the committee to help organise events. The committee will also encourage the integration of disabled sports people into the general sports clubs in the borough.

Access Committee

Most of you will at one time or another come across a problem getting into buildings and have said a few choice words about the architect, planner or whoever.

Now we have a chance to give our views and comment on new buildings through the Access Committee which is being set up in Southwark. What we need is people who are interested in the problems of Access and are willing to give some time to being on the committee. The committee will be in two parts, one to look at buildings and the other to look at pavements and roads and the street furniture.

The aim of the committee is to liaise with the council on all matters relating to planning, and to make sure that disabled people have a say in the way that buildings are designed in Southwark.

Mobility Bus

London Regional Transport are considering the idea of introducing a mobility bus into Southwark. A Mobility Bus is a converted single decker bus with a wheelchair lift at the front entrance. The bus can hold 5 wheelchairs and 22 seated passengers. The vehicle will run mainly on a normal bus route but can deviate from the route to drop people off at the top of their roads if necessary. Eventually it is hoped that the vehicle will run a special route, once L.R.T. have found out where the need is most in the borough. The Mobility Bus is **not** a door to door service like Dial-A-Ride and you can **not** ring for the service. We would like your comments about the proposed service, particularly what you would use it for, if at all.

The first bus is due to start operating in March 1987 from Lewisham.

Careline

Careline is a new bus service serving the mainline London railway terminals and Heathrow Airport. The buses visit each of the main railway stations; Victoria, Waterloo, Kings Cross, Paddington and Euston on a journey which means that for £1 (the fair between two stations) you can connect with a train at another station.

The cost of a trip from the station to Heathrow Airport is £5. Buses run approximately every hour and can only be joined at one of the stations or the Airport. The vehicles are accessible for people in wheelchairs and Dial-A-Ride can take you to one of the stations to meet the bus if you wish.

Guidelines for Public Transport and People with Disabilities

We have a number of helpful illustrated booklets called 'Move Together' produced by the GLC and distributed by the Transport and General Workers Union, in the office. They are free and offer helpful guidelines on the needs of people with disabilities using public transport, in particular how other passengers can be more aware and help in the most appropriate ways.

Contact us for a copy or Cliff Twart, TGWU, Transport House, Smith Square, London SW1 3JB. Tel: 828 7788 for bulk orders.

IMPORTANT ANNOUNCEMENT about TALKING BOOKS

Some people have recently been told that Southwark Libraries do not stock talking books. In fact Southwark Libraries have quite a large stock, but if you can not find any in your particular library or can not find a particular 'book' please ask the Librarian to order it for you. All but two libraries stock the talking books.

Building Regulations

As from August 11, 1985 new regulations regarding accessibility in new buildings came into force. These covered all the country except for Greater London region, which has its own building regulations. They came into effect in London on 1st January, 1986.

The regulations state that building where the general public are to be admitted should be accessible to all disabled people. It also means that in sports areas and auditoriums where there is public seating there should be at least 20 wheelchair spaces per 1,000 seats. This should open up greater possibilities for disabled people to take part in more activities with greater freedom. This act will be enforceable, unlike the previous Act which was not.

The building regulations refer only to newly built buildings, those built prior to August 1st, 1985 are not covered.

DISABLED LIVING FOUNDATION

On 5th August Marilyn, Helen and Mary paid a visit to the Disabled Living Foundation in its new premises in Harrow Road.

Our two hour guided tour gave us an idea of the vast range of products which are available to make life simpler for people with disabilities. The DLF has electric wheelchairs, baths, easy chairs which tip up, tip-up beds, an adapted kitchen, electronic aids as well as smaller aids to help with feeding, cooking or reading — to name but a few.

The DLF aims to assist individual disabled people deciding on a particular type of aid, as well as professional workers. An appointment is necessary and all visitors will be shown around by a qualified therapist with knowledge of disability.

Disabled Living Foundation, 380-384, Harrow Road, London, W9. Tel: 289 6111.

ADVICE SESSION COMING TO PAXTON GREEN HEALTH CENTRE

SDA are currently trying to set up fortnightly advice sessions at the Paxton Green Health Centre. We hope that we all will be able to reach the residents of the Kingswood Estate area which is a long way from our offices and where there is no other advice provision. Unfortunately, this means we have had to stop the Peckham Citizens Advice Bureau sessions. We hope that this will not cause inconvenience.

NEWS FROM SOUTHWARK TAXI CARD HOLDERS ASSOCIATION

We had sixty seven members at the time of the last meeting in July. Brian Howard from London Regional transport is still coming to our meetings and dealing with any problems or queries we have. There is no backlog at L.R.T. now with processing applications but it takes the Post Office 2 - 3 weeks to deal with applications. Taxi Fares went up in June by about 5%, so obviously you can now travel less distance for the flat fare of £6. The price on the clock should still be about £1.60 on arrival at your house.

NEWS FROM SOUTHWARK DIAL-A-RIDE

There are now 1,200 members and statistics taken for mid June to mid July show that 1,003 trips were made (using mainly just 2 vehicles) and those trips carried 1,256 people over a distance of 6,500 miles. The service is just as busy in the evenings as it is during the day.

Apologies are made for cancellations that have taken place recently due to illness and vehicle breakdown. This is unavoidable and there is no funding for another driver.

Most trips are made to visit friends and relatives, followed by trips to the hairdresser and shopping. Please remember that this is a bus service and although every effort is made to arrive on time, the traffic is very unpredictable, so please bear with them.

Although booking can be made two weeks in advance, please remember that if the day for booking falls on a Saturday or Sunday, because the the office is closed at the weekends you can place your booking on the Friday.

SOUTHWARK DISABLEMENT ASSOCIATION CANNOT ACCEPT RESPONSIBILITY FOR SERVICES AND EQUIPMENT MENTIONED IN THIS NEWSLETTER

SOUTHWARK DISABLEMENT ACTION GROUP

The Action Group has continued to meet regularly. As our main concerns have been welfare benefits, we have been very busy campaigning around the Social Security Bill. We wrote to Lord Ennals, Lord Banks, Lord Hastings and Baroness Masham of Ilton and we were pleased to receive their letters of support and for their support of the amendment to the Social Security Bill.

Although the Lords' amendment has been replaced, we feel the issues have received a lot of support.

In June the Action Group held a very productive meeting with the Director of Southwark Social Services, Dennis Simpson, in which we discussed many aspects of Social Service provision. We look forward in the future to the setting up of more consumer and consultative groups which will include people with disabilities.

If you are interested in the Action Group, contact the S.D.A. to find out more.

On the next page are three letters received by the action group from three members of the House of Lords.

19th June 1986

Peckham
London SE15

Dear Ms R.

Thank you for your letter. I entirely share your concerns about the Social Security Bill. We have a number of amendments relating to the social fund which reflected the concern which you have expressed and we shall do our best to bring about some changes.

You mentioned the Mobility Allowance and there is an amendment standing in my name on that subject. The Government, of course, is in a very strong position and are determined to save money — in my view at the expense of some of the poorest people in our society.

Yours sincerely,

(Lord Ennals)

From The Lord Banks, C.B.E.

24 June 1986

Ms R.
Peckham, S.E.15.

Dear Ms R

Thank you for your letter of 16th June. I fully understand your position and I will certainly support amendments being tabled in the House of Lords designed to help in the way you want.

Yours sincerely,

House of Lords

Dykes Hill House
Masham
RIPON
North Yorkshire
HG4 4NS

Tel: Ripon 89241

1 July 1986

Ms R.

PECKHAM
London
SE15

Dear Ms R

Thank you for your letter of 16 June 1986 and your thoughts regarding the problems and expense for disabled people.

You will be pleased to note that we were in fact successful in an amendment to the Social Security Bill.

It is always of interest to me to hear from people such as yourself who feel so strongly about the fears and struggles of those with a disability.

Yours sincerely,

BARONESS MASHAM OF ILTON

BENEFITS PAGE

Changes in Industrial Injury Scheme

The Government will be introducing Amendments to the Social Security Bill which will ensure the minimum of discussion.

Disablement Benefit — will be paid only to those 14% disabled or more.

Special Hardship Allowance — will be renamed Reduced Earnings Allowance and will be payable at all levels of disablement.

Social Security Bill

On June 23rd the House of Lords passed an amendment to the Social Security Bill (see previous newsletters for the content of this Bill) which would have provided a special community care weekly benefit to disabled people.

However, on 23rd July, the Government replaced the Lords amendment with one of their own, which was accepted by the House of Lords on the 24th July.

The new amendment empowers the Government to pay a severely disabled premium, and they intend to pay an extra £23 per week to those people with disabilities who are:

1. in receipt of the higher day and night time rates of Attendance Allowance
   and
2. who live on their own
   and
3. in respect of whom nobody is receiving Invalid Care Allowance.

As the main purpose of a Severe Disablement Premium is to pay for the services of a carer, often someone living in, disablement organisations are wondering how many people there can be who would qualify for the premium.

Is this another cost-cutting exercise?

Invalid Care Allowance

This benefit is now extended to **married women** of working age who are caring for a disabled person who is in receipt of Attendance Allowance for more than 35 hours a week. Claim now and payment may be backdated!

Social Security Upratings

The upratings for social security benefits took place in July and the key changes are:

- Retirement/Invalidity Pension £38.30 to £38.70 (single)
- Mobility Allowance £21.40 to £21.65
- Attendance Allowance £30.60/£20.45 to £30.95/£20.65
- Therapeutic Earnings Limit £25 to £25.50

All supplementary Benefit additional payments are frozen except the higher heating addition which rises from £5.45 to £5.55. From July there has been no non-householder housing additions for people aged 21 - 24 and single payments are further restricted.

Benefits for Visually Handicapped People

The RNIB has produced its own guide to weekly benefits which can be claimed by visually handicapped people. The publications are available in four formats — tape, braille, Moon and large print. Two editions have been produced — one for pensioners and one for people of working age. Both are available price 75p each from Your Benefits, RNIB, 224, Great Portland St., London W1N 6AA post free.

Changes to the Single Payment Regulations

The changes outlined in the Summer edition of the Newsletter have now come into effect and the list of possible Single Payments is now severely restricted. However, anyone who claimed before 10th August, 1986 will have their claim decided under the old regulations.

AMBULANCE SERVICE

The Southwark Disablement Association is monitoring the non-emergency ambulance service and there are fears that a change in the pay structure of the London Ambulance Service could seriously affect routine runs to day hospitals, and out-patients clinics.

Please let us know if you are experiencing any problems getting ambulance transport either by ringing us on 701 1391 OR writing to us at the S.D.A. office.

Below are answers received from our three local M.P.'s:

HARRIET HARMAN, M.P.

Member of Parliament for Peckham

House of Commons,
London, SW1A 0AA
Tel: 01-219 3000
01-219 5137
01-219 4218

Our ref: IJ

July 18th, 1986

Helen Davies,
Advice & Resource Worker,
Southwark Disablement Association,
Room 48, Aylesbury Day Centre,
Bradenham,
Boyson Road,
LONDON, SE17 2BA.

Dear Helen,

Thank you for your recent letter concerning the cuts in ambulance services, and please accept my apologies for the delay in replying.

I fully appreciate the points you make about the removal of ambulance transport from those patients who are classified as 'walking cases' even when they can, in fact, only take a few steps with difficulty.

I have taken this up with the Minister for Health and will let you know of any response that I receive.

Yours sincerely,

H Harman

Harriet Harman.

From: Gerald F. Bowden, T.D., M.P.

HOUSE OF COMMONS

LONDON SW1A 0AA

5th June 1986

Dear Helen Davies,

Many thanks for your recent letter about the problem being encountered by patients and those suffering from disabilities following the changed working arrangements of the London Ambulance Service.

This is a matter of great concern to me and has been raised by a number of constituents. I am bringing this to the attention of Ministers in the Department of Health & Social Security when the opportunity arises so that they may be fully conscious of the problems and poised to find some effective way of making an improvement.

Yours sincerely

Gerald Bowden.

FROM SIMON HUGHES MP

HOUSE OF COMMONS

LONDON SW1A 0AA

13 June 1986

Helen Davies
Advice and Resource Worker
Southwark Disablement Association
Room 48, Aylesbury Day Centre
Bradenham
Boyson Road
London SE17 2BA

Dear Helen Davies

Thank you for your letter about cuts in the ambulance service. I am sorry for the delay in replying to you, but I have been out of the country.

I agree with the views expressed in your letter, which, as you can imagine, is one of a number on this subject. I am very concerned about both the emergency and non-emergency service in London and I have written to the Chief Ambulance Officer recently about the 'teething problems' of the new rotas, which is partly causing the crisis.

Of course the root problem is lack of resources in the Inner London area for health care and the way resources are allocated. I have been campaigning for this to be changed and I will use your letter as part of my campaign.

Yours sincerely

SIMON HUGHES MP
SOUTHWARK AND BERMONDSEY

THE 1986 DISTA AWARD FOR YOUNG ARTHRITICS

Dista Products Limited, in association with the 35 Group of Arthritis Care, is offering six regional awards to young arthritics, in recognition of their effort and achievement in the fields of community work, physical endeavour, craft and academic work, or other relevant areas.

The Award Scheme is open to all arthritics who are below 35 years of age on 30th September, 1986 and covers the qualifying period 1st January 1985 to 30th September, 1986.

The six area winners will each receive an award of £250 and the two runners-up from each area £75.

The areas are:

1. London and the South East
2. East Anglia and the Midlands
3. The South West & South Wales
4. The North West, North Wales and N. Ireland
5. The North East
6. Scotland

Nominations, are invited from individuals and organisations. The winners will be announced at the end of October 1986. The presentation of Awards takes place in London on Tuesday 25th November, 1986.

Write to: The 1986 Dista Award for Young Arthritics, The 35 Group, c/o 29, Darrell Close, Chelmsford, Essex CM1 4EL. Tel: (0245) 358519

Closing date for applications — 30th September, 1986.

TRAVEL FELLOWSHIPS

The Winston Churchill Memorial Trust awards 100 travel fellowships each year to enable men and women to gain a better understanding of life and work in other countries'.

All UK citizens eligible. No educational or professional qualifications are needed and past fellows have included dustmen and scientists. However, applicants must propose a study project related to their work which they can use effectively on return to this country. Project categories this year include the film industry, language teaching, waterway conservation, appliances for disabled people. But there is also an open section.

The form for 1987 applications is available from the Winston Churchill Memorial Trust, 15, Queens Gate Terrace, London, SW7 5PR. Tel: 584 9315. The closing date for completed applications is 30th October, 1986.

PITT STREET TOY LIBRARY — is now open providing toys, books and other equipment for children aged from 0-5 years. It is wheelchair accessible and will stock toys which are suitable for children with disabilities. Membership costs 50p per year and toys can then be borrowed free of charge. Opening times are:

MONDAY from 2.30 - 4.30pm WEDNESDAYS from 12.00-2.00pm

Address: Pitt Street Settlement, 191, East Surrey Grove, Peckham, SE15 5PP Tel: 703 4775.

TAILORING SERVICE

Community Task Force offers a tailoring service, making up garments to the specification of customers with disabilities. No charge is made for the service but the customer is expected to provide all materials including zips, buttons etc. and £1.25 in the form of postage stamps to cover postage. The service in London wide. Further details from: Mrs. Sagoo, Southwall Baptist Church, Western Road, Southwall, Middx.

FASHION WORKSHOPS

Disabled people of all ages can now find fashionable, practical clothes, specially adapted to cope with awkward figures and the problem of surgical appliances.

The movement towards better fashion choice started 4 years ago when, with the aid of a government grant, Nellie Thornton set up a workshop in Shipley, W. Yorkshire, called Fashion Services for the Disabled.

Courses are held for disabled people and their families to learn how to design and make up their own patterns, and the workshop also provides reasonably-priced made-to-measure garments. Clothing problems are overcome by the use of stretchy fabrics, suitable styling and strategically placed openings.

Word has spread and Shipley is now just one of a growing number of non-profit-making fashion centres for the disabled. A list of workshops is available from The Clothing Adviser, The Disabled Living Foundation, 380-384, Harrow Road, London W9 2HU on receipt of a stamped addressed envelope.

★★★★★

COMPUTER TRAINING

A new technology based training scheme for people with disabilties is being set up by Southwark Council in partnership with two other London Boroughs, Camden & Islington. Microjob has financial backing of £150,000 from the 3 boroughs and the European Social Fund has agreed to match this funding under the innovatory scheme.

The boroughs will be working with Dr. Mike Floyd & Prof. Robert Fawcus of City University on the project and the main aim will be to provide vocational guidance, assessment and rehabilitation and employment and training opportunities for disabled people using new technology. It is hoped that Microjob will be able to link up with the Information Technology Centres in each of the 3 boroughs to provide training.

The project hopes to take on 20 trainees a year and find jobs for them at the end of the course.

Premises have been identified in Blackfriars.

CARERS - Respite Care Available

Thorndyke Residential Home is one of Southwark Council Social Services Department homes for elderly people and is situated in Portland Grove, Stockwell, SW8.

It has a self-contained short stay unit with 11 beds situated on the top floor with lift available. It includes a small lounge with colour TV, dining room, kitchen where guests can undertake some tasks for themselves if they wish to. Care staff are available to give help with washing, dressing etc., Guests are encouraged to maintain similar levels of independance and daily living routines to those achieved at home. Length of stay can vary from a weekend to 4 days. Periods of stay can be pre-booked and more than 1 visit can be paid during the year. For more information and to apply (you can visit the home before going) contact your local Social Services Area Office.

★★★★★

CANCER HOT LINE

The British Association of Cancer United Patients (BACUP) has been set up to provide an information service for cancer sufferers who want to know more about their illness.

The Association was founded by Dr. Vicky Clement-Jones, a 37 year old hormone specialist who was found to have cancer of the ovaries nearly four years ago. Five cancer nurses, backed by a panel of specialist medical advisers, will answer telephone or written enquiries.

You can telephone BACUP on 01-608 1661, or write to: BACUP, 121-123, Charterhouse St., London EC1M 6AA.

★★★★★

BRITISH TELECOM

For a free copy of B.T.'s Guide to Equipment and Services for Disabled Customers, dial 100 and ask for Freefone Telecom Sales or write to B.T. ADC., Room B5 049, 81 Newgate St., London EC1A 7AJ.

In the booklet services are listed under 4 main sections - for people with impaired hearing, for people with speech difficulties, for people who are blind or visually handicapped, for people with impaired mobility or dexterity. Details of special aids and equipment availabe are listed.

WINVISIBLE

WinVisible: Women with Visible and Invisable Disabilities is based at the King's Cross Women's Centre and has a London-wide, national and international network. They put forward the views of black and white women with disabilities from whatever cause and share information on how they are organising for money and resources, making visible that the physical and emotional work which disabilities mean, for themselves and others, is a contribution society.

As part of the Wages for Housework Campaign, they are involved in organising TIME OFF FOR WOMEN on 24th October, 1986, to press governments to implement the UN decision to count all women's waged and unwaged work in the Gross National Product. (The Gross National Product - GNP - is supposed to be the total value of goods and services produced, but so far includes only goods and services exchanged for money. Women's unwaged work, estimated to produce as much as 50% of the GNP, has been left out). UN figures state that women do ⅞ of the world's work for 5% of the income and 1% of the assets. As women with disabilities, taking TIME OFF is crucial to abolishing their economic status as so-called 'charity cases'; uncovering the basis of their entitlement to everything they need; and connecting their struggle against the work of disability with other struggles. 'Humanitarian' grounds are shaky at the best of times. Pressing for recognition of their work is effective not only in resisting DHSS and hospital cuts, but also in demanding changes: in the environment and the street; welfare, benefits and services; housing and transport; employment; health care; choices to have or not have children; getting compensation, and so on.

Jacqueline Drake's recent victory in the European Court over Invalid Care Allowance is one example of how international pressure for counting women's unwaged work brought cash recognition of housework that, as a daughter, she was expected to do for free.

TIME OFF FOR WOMEN 1985 was the tenth anniversary of the Iceland Women's General Strike and the first-ever internationally-co-ordinated action by grassroots women. In over three dozen Third World and metropolitan countries and two dozen towns and cities in the UK, and Conway Hall, central London, women with disabilities joined with other women to publicise all their demands. The themes of TIME OFF 86 will be women's work FOR peace and the environment and women's work AGAINST poverty, racism and immigration controls. Last year's activities ranged from lie-ins and teabreaks to entertainments and speakouts, and women took whatever TIME OFF they could. For TIME OFF 86, all women are welcome to add new ideas and demands, hold activities, go to planning meetings and help circulate their 'Women Count - Count Women's Work Petition, Contact Claire Glasman, WinVisible, King's Cross Women's Centre, 71 Tonbridge St., London, WC1H 9DZ. Tel: 837 7509. Join them on 24th October at Conway Hall, Red Lion Square, London WC1 from noon till 10pm for a day of speakouts, stalls, exhibitions, entertainments and food, with creche, signers and access for wheelchair users. Nearest tube is Holborn.

★★★★★

REHABILITATION OFFICERS CLOSE LISTS

From June 16th, waiting lists for Rehabilitation referrals in the Rotherhithe, Peckham, Nunhead and Dulwich areas were closed. Except for urgent cases this means that assessments for aids and adaptations cannot be done in these areas.

The Rehabilitation service is overwhelmed with work, and has had to take this action in order to catch up on their extremely long waiting lists.

FOR SALE

Electric wheelchair 'LARK', cost £1,300, will take £600. Please contact Mrs. Francis tel: 693 1955.

★★★★★

SDA VOLUNTEERS MEETING - 1st WEDNESDAY OF EACH MONTH - 6.30pm

Monthly meetings are now held in Room 46, Aylesbury Day Centre. All volunteers are welcome at the meetings, which provide an opportunity to discuss items of interest and meet other volunteers.

★★★★★

ROYAL WEDDING SOUVENIR BOOK

A Royal Wedding Souvenir Book has been produced by the Scottish Braille Press, cost 37p from S.B.P., Craigmillar Park, Edinburgh.

★★★★★

DOOR TO DOOR - A guide to transport for disabled people

We have copies of this very useful booklet which includes information on aids and benefits, walking and wheelchairs, cars, long distance journeys etc., plus a list of useful addresses. If any group or organisation would like a bulk order contact the SDA office to make arrangements to collect them.

★★★★★

FREE OLD FASHION STEREO.

If any person or group is interested contact the SDA on 701 1391.

★★★★★

STOP PRESS — Important Future Dates

NAIDEX EXHIBITION OF AIDS FOR THE DISABLED — Alexander Palace, London on 15th/16th/17th October, 1986 from 10-5pm, 4.30pm on Friday. Admission Free.

★★★★★

SOUTHWARK DIAL-A-RIDE — Annual General Meeting on 30th October, 1986 at 42 Braganza St., London SE17 from 7.30pm.

MOBILITY HOMES

GLAD have received information from a firm of Estate Agents in Cardigan West Wales, about a small development suitable for disabled people. If anyone wants further information contact Will Bee at GLAD 274 0107.

★★★★★

SOUTHWARK CROSSROADS CARE ATTENDANCE SCHEME

Annual General Meeting 6th November 1986 in the Aylesbury Day Centre from 7.30pm.

★★★★★

CAROL SERVICE IN SOUTHWARK CATHEDRAL

Sunday 21st December, 1986 at 3.00pm.

★★★★★

SOUTHWARK PHOENIX SPORTS & LEISURE CLUB —

Has a few vacancies on transport for the club depending upon where you live. Disabled people interested in taking part in sports activities can contact Mary Marshall on 701 1391.

HEAR THE BEST IN HI-FI

At the SOUND ORGANISATION we have a well deserved reputation for supplying the world's finest hi-fi equipment.

In our comfortable demonstration room you can choose from a carefully selected range of equipment. You will get expert advice and as much time as you require to make your choice. If you like what you hear we will deliver and install the equipment to ensure that it is working to its optimum performance.

We are conveniently situated near the City, opposite London Bridge Station. So before you go out and buy that flashy Japanese midi system come and hear what Real hi-fi can do. You may not believe your ears.

THE SOUND ORGANISATION
No 1 Cathedral Street, London SE1
☎ 01-403 2255 & 3088
Open: Tuesday to Saturday 10am-7pm

Text

Filmsetters to
Studios
Agencies
Printers &
Publishers (Book & Magazine)

Over 1,600 typefaces available on the Linotron 202

For complete list and catalogue contact Mel Hobbs at
Text Filmsetters Ltd, Unit 310, 164-180 Union Street, London SE1 0LH
Telephone 01-928 9091 – Fax 01-928 9447

fee

Computer Maintenance Services Ltd.

164 UNION STREET, LONDON SE1 0LH
Telephone: 01-928 7439
Telex: 8953168

SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER No. 42

WINTER EDITION 1987

ROOM 48
AYLESBURY DAY CENTRE
BOYSON ROAD,
LONDON, SE17

Telephone: 01-701 1391

We are open for giving advice and information on:—

Mondays: 1.30pm to 3.30pm

Wednesdays: 10.30am to 12.30pm

Fridays: 1.30pm to 3.30pm

1st and 3rd Wednesdays of the month from 2.00pm to 4.00pm
at Paxton Health Centre, 1 Alleyn Park, London SE21

HILTON SOUND

NICE PEOPLE TO KNOW
IF YOU HAVE A
RECORDING STUDIO!

10 STEEDMAN ST.,
LONDON SE17 3AF
Tel: 01-708 0483
(24 hour service)

Tempo
Filmsetting

Phototypesetting
Headlines Artwork
Camera and PMT service

217 Long Lane, Bermondsey London SE1 4PN
Tel: 01-407 0159

E. Coules & Son
LIMITED

Specialists in
ARCHITECTURAL METALWORK
46 Loman Street, Gt. Suffolk Street, London, SE1 0EH
Telephone: 01-928 1407 *Established 1809*

Denise's FLORIST

Flowers for all occasions.
Weddings, Funerals and Contract work.

Deliveries anywhere in London and the World

168 Great Suffolk Street,
Borough, Southwark,
London SE1.

Telephone:
01-403 0067

DEVERELL, GIBSON & HOARE LTD.
(Founded 1888)
HARLING HOUSE,
47-51 GREAT SUFFOLK STREET,
LONDON SE1 0PA.

LITHOGRAPHIC PRINTERS

Telephone 01-928 4446

G. WORRALL & SON LTD

(ESTABLISHED OVER 80 YEARS)

LOCK KEY and SAFE
SPECIALISTS

174 GT. SUFFOLK STREET, LONDON, SE1 1PE Tel: 01-407 8498

SQUARE MILE DISTRIBUTORS LIMITED

NEWSPAPER/PERIODICAL DELIVERIES
SUBSCRIPTION AGENTS — BOOKSELLERS

NEWSPAPERS · MAGAZINES · PERIODICALS

DELIVERED TO YOUR HOME · BUSINESS · ORGANISATION

IN THE EARLY MORNING THROUGHOUT LONDON

ALL SUPPLIES LABELLED & POLYTHENE WRAPPED FOR PROTECTION

31 Union Street, London, SE1 1SD
Telephone: 01-928 3306/01-403 3152

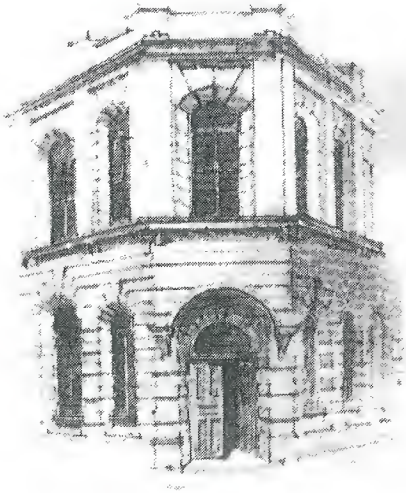
J.J.B. OFFICE SERVICES

WORD PROCESSING
TYPING:REPORTS:LETTERS & CV's
AUDIO: TELEPHONE ANSWERING
& MAILING ADDRESS
PHOTOCOPYING : MEETING ROOMS
OFFICE SUPPLIES

KIRKALDY HOUSE, 99 SOUTHWARK STREET, LONDON SE1 0JF

Telephone: 01-261 0561 & 01-928 9679 Answering Service 01-261 0387

Special Rates for Students Theses



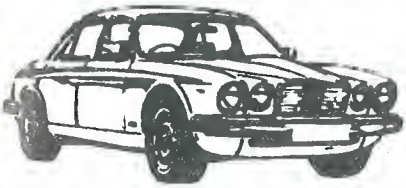
WADHAM
8 POCOCK STREET, LONDON SE1 0BJ
TELEPHONE: 01-928 8080

DESIGN ● ARTWORK ● PHOTOGRAPHY

ASCOTT & HOBSON (GARAGE) LTD.

CRASH REPAIRS & COACHWORK SPECIALISTS

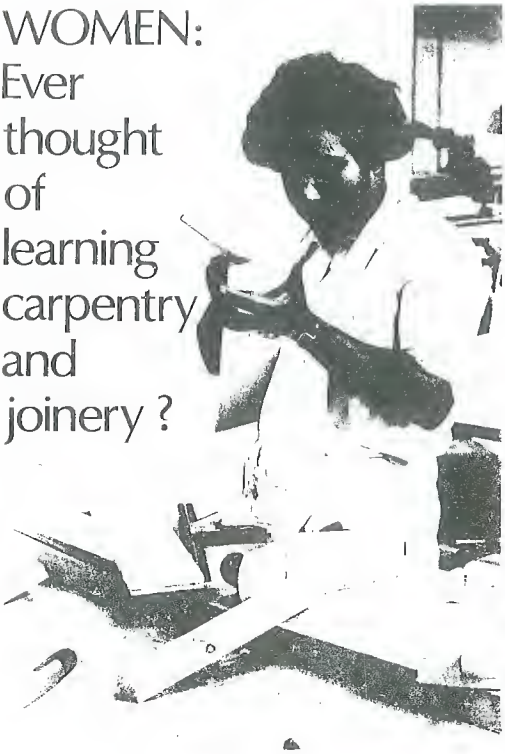
All forms of Accident Insurance work undertaken
ESTIMATES GLADLY GIVEN



Computerised Paint Mixing Systems
Burntwood Low Base Spray Bay
Body Jig & Measuring Scheme

126-128 Druid Street, Bermondsey,
London SE1 2HH (Enter by Abbey Street)
Telephone: 01-237 9572

WOMEN:
Ever thought of learning carpentry and joinery ?



★ THE COURSES ARE FREE AND THERE ARE TRAINING AND CHILDCARE ALLOWANCES.

★ NOW'S YOUR CHANCE!

Southwark Council has set up a Women's Carpentry and Joinery Training Workshop in Union Street, SE1 (near Blackfriars and London Bridge).
It is for women living in Southwark who want to go into paid employment.
Priority is given to black and white working class women, single parents, women 18-58 years with no education past secondary school.
There is provision for teaching deaf women.

★ NO EXPERIENCE NECESARRY!

The courses are full-time for 22 weeks, and aim to take you to the level of first year City and Guilds. There will be a basic introduction to the trade including practical and theory, site and bench work.

FOR FURTHER INFORMATION WRITE TO:—

Southwark Women's Training Workshop
2nd FLOOR
164-180 UNION STREET
LONDON SE1 0LH

LONBRIDGE DELTA International Freight

LONDON:	HEATHROW:	MANCHESTER:	CASTLE DONNINGTON	NORTHAMPTON:
Tel: 01-403 3266	Tel: 01-890 6111	Tel: 061-945 3221	Tel: 0332-850606	Tel:0604-66430/66531
Telex:916015LONDEL	Telex:935603LONDEL	Telex:668039LONDEL	Telex:377454FT INT	Telex: 312203

LAKER SHARVILLE

Design Associates

Laker Sharville Design Associates

is an experienced design consultancy. Established in 1981, our aim has been to provide a professional service to our clients in all aspects of graphic design and communications.

We have considerable experience of corporate identity design and the methods required to make it work.

In addition we design and produce a wide range of publicity material and many other items for our clients.

Our Clients include:

Chubb Fire Security Ltd., The Engineering Council, Capital Radio, The Wren Orchestra of London, Kone Marryat Scott Ltd., London Transport, BP Oil International Ltd., Charles Barker Group plc.

164-180 Union St. London SE1 0LH
Telephone (01) 928 2535

Visit Our Shop

We also deliver in Central London

OUR SMOKED AND OTHER SPECIALITIES

Contract Cleaning & Maintenance Association

Contract Cleaning & Maintenance Association
Suite 73/74, The Hop Exchange, 24 Southwark Street, London SE1 1TY
Telephone: 01-403 2747

CITY BIKE couriers

100% commitment from all personnel
priority motorcycle messengers
express press release distribution
contract hire
van and working drivers
UK overnight deliveries
Red/Night Star forwarding
international couriers
free insurance to £2000 cover
work undertaken at any time
courteous and careful service
no learner drivers
no service/administration charges
member of the Despatch Association.

928 6999

ALL GOOD WISHES from

HARPERS

WINE AND SPIRIT GAZETTE

Harling House
47-51 Great Suffolk Street
London, SE1 0BS
Telephone: 01-261 1604
Telex: 23369 ESANES-G

Knight Office Supplies Ltd.

Office Stationery, Equipment, Printing

27 - 29 Union Street, London SE1.
Telephone : 01-403 2087/4868.

FRUIT IMPORTERS IN SOUTHWARK SINCE 1920

J. O. SIMS LTD.

Winchester Square, Borough Market, London SE1 9AQ

Telephone: 01-407 0756 **Telex: 885386**

SOUTHWARK DISABLEMENT ASSOCIATION

Chairman _____ Michael Pearson
Director _____ Mary Marshall
Admin. Secretary _____ Maureen Shbero
Advice & Resource Workers _____ Helen Davies
Marilyn Little
Leisure & Access Worker _____ Stephen Thoms

NEWS FROM THE S.D.A.

We are sorry that this newsletter is rather late. This is due to pressure of work and staff shortages. Both Marilyn and Helen were on leave in December. Marilyn will not be back until February as she is visiting New Zealand and Australia. At least she is escaping the very cold weather we are having. I hope you all spent a pleasant Christmas and everyone here in the S.D.A. office wish you all a Happy, Healthy and Peaceful 1987. We were pleased to see so many people at our Annual General meeting in September. Our Review of the SDA's work over the last 5 year has been very well received. I hope you have all read your copy! Copies available on tape in the SDA office:

NOW is the time when your membership fee to the SDA is due. It remains the same price - £1 per individual and £5 for groups. I look forward to receiving your forms and money. Membership form is enclosed with this newsletter.

The Concert of Christmas Music on December 9th was enjoyed by all those who came and we thank everyone who bought tickets and particularly the Calton Singers who gave up their time to perform for us. We have had good comments about the Carol Service in Southwark Cathedral on the Sunday before Christmas from those who went with us and Mike's reading was especially commended by many of the congregation.

The council is holding a Disabilities Week in April — the week of the 27th. Council departments will be publicising their services for people with disabilities and there will be special events.

Our Half yearly Meeting will be during that week. DATE TO FOLLOW.

GOOD NEWS ★ GOOD NEWS ★ GOOD NEWS ★ GOOD NEWS

Our Funding has been re-newed by the council so we will be able to carry on our work in full for 1987/88

See you in April, Mary Marshall

HONORARY OFFICERS & EXECUTIVE COMMITTEE FOR 1986/87

	Representing
Mike Pearson *(Chairman)*	Southwark Talking Newspaper
Josie Reilly *(Vice-Chairman)*	Peckham Guild of Friendship
Phyllis Sheere *(Treasurer)*	Saturday Club for the Mentally and Physically Handicapped

EXECUTIVE COMMITTEE

	Representing
Pam Cooper	Individual Member
Rosalyn Porter	Southwark Disablement Action Group
Jim Sutherland	Southwark Phoenix Sports Club
Grace Huxstep	Individual Member
Kate Ellis	Southwark Age Cincern
John Taylor	Spastics Society, South London Branch
Noran Foley	Southwark Taxi Card Holders Assoc.
Mary Reardon	Aylesbury Day Centre Committee
Betty Etherington	Individual Member
Ethel Marshall	Southwark MENCAP

COUNCILLOR REPRESENTATIVE — Cllr. Mike Geater

EX-OFFICIO MEMBERS

	Representing
Doug Adams	Director of Social Services
Dr. Shelagh Davidson	District Medical Officer

SOUTHWARK DISABLEMENT ACTION GROUP

This group has continued to meet regularly. It is a sub committee of the SDA and has recently re-named itself FOCUS because it wants to particularly FOCUS ATTENTION on those matters concerning people with disabilities and take them up with whoever is responsible.

The group is looking for NEW MEMBERS.

They meet once a fortnight on a MONDAY in the Aylesbury Day Centre from 12-2.00pm. Transport can be arranged. The group is composed of people with disabilities and serviced by Helen Davies, the SDA Advice and Resource Worker.

★ ★ ★ ★ ★

Do not forget we have three wheelchairs for hire at a charge of 50p per week plus £5.00 returnable deposit. Telephone the office to book and to make arrangements for collection.

We also have a **job vacancy noticeboard** where we advertise any vacancies we hear about. If you are interested come and look at it or if you can not get here let us know and we will keep you informed of what is available.

DISABLED PERSONS (Services, Consultation and Representation) ACT 1986

This Act was passed by Parliament in July 1986. It is an important piece of legislation which has the potential to greatly improve the quality of life of people with disabilities and carers. It will allow the right to representation to people who have difficulties representing themselves. It will improve liaison between schools and hospitals and social services departments when people return home. It will re-affirm the right of people with disabilities to assessments to local authority services and promote consultation with local people with disabilities. However, as yet there have been no commencement orders and indeed sections of it, due to be implemented, have been delayed.

The SDA held a workshop on Tuesday 13th November, 1986 to discuss the current position regarding the Act and possible methods of promoting its implementation. All who attended supported the idea of local implementation of the Act on a voluntary basis. We will be pressing the council for a meeting to discuss how they intend to implement the Act.

The SDA will be helping to arrange further meetings in 1987 to work towards implementation of the Act. Please contact us if you would like to know more.

★ ★ ★ ★ ★

SDA VOLUNTEERS COLUMN

The number of volunteers and range of activities they are able to help with is continuing to slowly increase. Linda Carpenter, Patrick Buckley and Caroline Halliday have all volunteered their services in the past few months and have either started or are about to start, working with the SDA; thanks to them all.

Volunteers meetings are continuing on the first Wednesday evening of each month, with regular attendance by most volunteers. Unfortunately, some people have work commitments; but, the group feels that this would be a problem whatever evening we chose. So, for the moment anyway, the meetings will continue on Wednesdays.

We have a Speaker on alternate months, with the aim of providing some training for all volunteers. So far, Stephen Thoms has given a talk and practical training on how to push a wheelchair, Mary Marshall has talked about the role of an escort and Mike Pearson has given training on guiding a visually handicapped person; this programme of training will continue in the future.

Despite the addition of four new volunteers, we will always need more as the demand will never be met. As fast as we find one request, one (or two or three) more come in. So, although our volunteers and staff do their best, some requests for assistance will not be satisfied.

Visitors and helpers to take people out shopping are most frequent requests. While we can (in the end) often provide a visitor, we have difficulties in meeting the latter request. This is because the majority of our volunteers are people with disabilities themselves, who, although able and willing to help others with more severe disabilities, cannot place themselves at risk by pushing wheelchairs or lifting etc. So, even though we are very pleased that less disabled people are supporting more severly disabled people, we are always keen to recruit some able-bodied volunteers as well.

Marilyn Little.

INSURANCE

RADAR have in conjunction with J.F.Graham and Company as brokers and the Sun Alliance Insurance Group produced a package where requests for insurance by people with disabilities and their carers will be considered sympathetically and with no pre-judge exclusion on the grounds of disability. The scheme will apply to Life Insurance Policies, Monthly Savings, Funeral Expenses, Home Security, Holiday Insurance, House Purchase, Personal Pensions. For information on any of the above services contact Anne Cox, RADAR, 25 Mortimer Street, London W1N 8AB.

DOES YOUR FLAT NEED DECORATING

Some Southwark tenants qualify for help with re-decoration. Many elderly people and/or some people with disabilities meet the criteria for assistance, and the Housing Department should therefore write to you when it is your turn. This should be every 7 years, or 7 years from the time you moved in. You **must** reply within 14 days to their letter. You have to state whether you want the Council to do the work or if you want to do the work yourself. If you decide to do the latter, you can claim a cash allowance as follows:

Living Room	£37.50	Dining Room	£32.50
Kitchen	£34.00	Bathroom/Toilet	£25.00
Bathroom	£17.50	Toilet	£15.00
Bedroom 1	£41.00	Bedroom 2	£36.50
Bedroom 3	£36.00	Bedroom 4	£36.00
Bedroom 5	£32.50	Bedroom 6	£29.00
Hall	£29.00	Hall/Stairs/Landing	£51.50

Any request to do the work yourself will be considered by the Housing Department. If it is approved, you must then do the work (or get someone to do it for you) within a year, providing the work is O.K., you will then get the money.

If you live in, Dulwich, Crystal Palace or Peckham Rye or surrounding areas you may be interested in this offer by Dulwich College students. Under the supervision of one of their tutors, boys will under-take painting and decorating jobs. Council Tenants whose flat is due for re-decorating and who wish to take advantage of this offer, or who wish to do the work themselves, will need to get the Housing Departments approval. Once you get it, the work will have to be done within one year and you can then claim the money.

DHSS OFFICES

DHSS Camberwell, formally based at Blenheim Grove, is now operating from a 'secret' address near London Bridge. Perhaps it would be more accurate to say that staff are based there, but not actually working for much of the time as there are frequent disputes.

While the SDA sympathise with the difficulties encountered by over-worked staff, our primary concern is obviously with claimants suffering from appalling delays in dealing with claims for benefit. For example, Ms. X was asked to return her Order Book for correction on 2nd September. Eight weeks later she finally received a corrected Order Book. Despite several telephone calls, she received nothing during the interim period and was forced to live on her Mobility Allowance and savings.

What do you think about the situation with the DHSS in Southwark generally and Blenheim Grove in particular? Please let us know.

ADVICE SERVICE NEWS

As most of you will know, there was no advice service during most of December because both Helen and Marilyn were on leave.

To say the months of September, October and November were busy would be an understatement. From 8.9.86 to 7.11.86 we dealt with 397 enquiries, 44 of which came from new clients. 21 home visits were made.

Both Helen and Marilyn spoke at a Social Services Training Day and the Crossroads Annual General meeting. Helen was also a speaker at a Southwark Pensioners Action Group Conference. Marilyn attended the 'Faith in the City' Conference and there were numerous other meetings and visits made by both advice workers.

A Take-Up Campaign, to encourage people to claim all that they are entitled to, was held in the Aylesbury Day Centre from Monday 13th to Friday 17th October. Apart from emergencies, no other advice work was undertaken during that week and much of the following week to allow us to concentrate upon this. The results of the Take-Up Campaign were encouraging as 38 people were seen and full checks on their benefit entitlement were made. Because of the current crisis in local DHSS offices, it is too early to say what the final results of the various claims will be, but, 13 claims for extra weekly money were made, 6 claims for Attendance Allowance, one for Mobility Allowance, plus numerous other claims and enquiries.

A combination of following up the results of the Campaign and re-decoration of the office and the generally high level of problems being dealt with have created delays in enquiries being dealt with. While we hope that the situation will improve again in the New Year, the reality is that both advice workers are fully-stretched at the best of times.

Paxton Green Health Centre is the venue for our outreach session in the Kingswood Estate SE21 area of the borough. One of our two advice workers goes to the centre once a fortnight on the 1st and 3rd Wednesday afternoon of the month from 2-4pm — so if you live in that area take advantage of this new service. We received 5 callers during our first session and now receive 3 or 4 callers each session. We are currently trying to set up similar fortnightly sessions in the Rotherhithe area.

The publicity regarding claiming heating benefit sent out by Southwark Council to all council tenants recently has brought us a lot of extra clients. It is most important that people claim all the additional requirements of Supplementary benefit to which they are entitled in order to safeguard their income before the introduction of the new Income Support in 1988.

Helen and Marilyn

★ ★ ★ ★ ★

SOUTHWARK DISABLEMENT ASSOCIATION

CANNOT ACCEPT RESPONSBILITY FOR SERVICES & EQUIPMENT

MENTIONED IN THIS NEWSLETTER

BENEFITS PAGE

Most benefits will rise by 2.1% in April and all future benefit updated will be in April, at the beginning of the tax year.

We print the rates for the main benefits which will be of interest to readers:-

	old	new
Attendance Allowance		
higher rate	30.95	31.60
lower rate	20.65	21.10
Child benefit - each child	7.10	7.25
Invalid Care Allowance	23.25	23.75
Adult dependency addition	13.90	14.20
Invalidity Pension	38.70	39.50
Invalidity Allowance		
higher rate	8.15	8.30
middle rate	5.20	5.30
lower rate	2.60	2.65
Mobility Allowance	21.65	22.10
Retirement Pension		
on own insurance	38.70	39.50
on spouse's insurance	23.25	23.75
Severe Disablement Allowance	23.25	23.75
Sickness Benefit		
over pension age		
single rate	37.05	37.85
adult dependency add.	22.25	22.70
under pension age		
full rate	29.45	30.05
adult dependency add.	18.20	18.60
three quarters rate	22.09	22.54
adult dependency add.	13.65	13.95
half rate	14.73	15.03
adult dependency add.	9.10	9.30
Supplementary Benefit		
Scale Rates		
ordinary rates		
single householder	29.80	30.40
couple	48.40	49.35
long term		
single person living alone	37.90	38.65
couple	60.65	61.85
Special Dietary additions		
lower rate	1.60	1.65
higher rate	3.70	3.80
haemodialysis rate	10.65	10.85
*NO CHANGE TO:		
Heating, blind, over age 80, laundry costs, extra baths		
Widow's Allowance	54.20	55.35

NEWS FROM SOUTHWARK DIAL-A-RIDE

LONDON BOROUGH
OF SOUTHWARK
SOUTHWARK
COLLECTION

ESCORTS

For some time, both the SDA and Dial-A-Ride have been aware that some Dial-A-Ride members are unable to use the service for shopping because they have no family or friend to act as escort.

Because it is not part of Dial-A-Ride's role to provide escorts for members, there has been little that can be offered to these members.

In conjunction with SDA, Dial-A-Ride are therefore running a pilot scheme which will provide volunteer escorts for people who need one to go shopping; whether it be to the local shops, or on one of the regular trips to Lewisham, Croydon or Oxford Street.

Because SDA have at the moment only a small number of volunteers able to escort, only Dial-a-Ride members totally unable to shop alone can be assisted, and, it will be a very much on a first come, first served basis because we expect demand to far outstrip the service SDA can offer to Dial-A-Ride members.

Bookings will bė made in the usual way with Dial-A-Ride. If you need an escort you will need to ask for one at the same time as making the booking. Please do not ring the SDA yourself, because they will not be taking bookings.

We hope to operate this scheme from Monday 2nd March, 1987.

DIAL-A-RIDE FOR ASIAN PEOPLE

The confederation of Indian Organisations has established a Dial-A-Ride service for elderly people and people with disabilities in the Asian Community.

It can be used by individuals, voluntary organisations and community centres, to go to places of worship, Community Centres, places of interest and to visit friends and relatives.

Telephone: 928 9889.

EMPLOYMENT NEEDS OF ASIAN PEOPLE WITH DISABILITIES

The confederation of Indian Organisation has also set up a research project into employment and Asian people with disabilities.

TRANSLATION UNIT

A translation unit has also been set up by C.I.O. which is open to use by local authorities, community groups and individuals. Presently the Unit can translate - Begali, Gujarati, Hindi, Punjabi, Urdu, Arabic, Chinese, Greek, Turkish, Spanish, Portuguese and Vietnamese.

NEWS FROM SOUTHWARK TAXI CARD HOLDERS ASSOCIATION

The London Cab Company has purchased the first FX4W taxi which is licensed to operate in the same way as the normal taxis. The difference is that it can accommodate passengers confined to wheelchairs.

Josie, our Chairman and Noran our secretary were invited to test this new cab in August and attend the press coverage in Fleet Street to promote it. Many of you will have seen the photos in newspapers and seen the item on the television news. Unfortunately at the moment there is only one such taxi on the road. Let us hope for an increase in numbers soon. It is not very good for anyone tall unless they remember to keep their head **down**.

The taxi service has improved locally and more members seem to be successful in obtaining a taxi when they want one.

Our Annual General Meeting was held on 26th November and was very successful. A good number of members attended. The guest speaker was Brian Howard from London Regional Transport and there were representatives from two of the taxi firms.

The following people were elected to serve as officers and committee members for the year 1986/87:

Officers:

Chair . . . . . Josie Reilly
Vice Chair . . . . . Jim Sutherland
Treasurer . . . . . Ruby Brooksby
Secretary . . . . . Noran Foley
Assistant Secretary . . . . . June Emerick

Executive Committee

Bob Noakes, Doris Gumbs, Albert Ponder, Wendy Oddy,
Mary Reardon, Sylvia Wright, Beatrice Giles, Roger Brooksby.

The film from British Rail called 'They're Just Like the Rest of Us' was very good. It is a staff training film.

We hope to hear from YOU during the year with comments, complaints etc. Membership remains £1. All your committee are volunteers and we rely on subscriptions to fund our work.

Josie and Noran

★ ★ ★ ★ ★

NEWS FROM ALZHEIMERS DISEASE SOCIETY (Southwark)

SDA were represented at a meeting of the Alzheimers Disease Society on 27th November when the Southwark branch was formally constituted as a member of National ADS.

The Officers of the newly constituted branch reflect the mixed backgrounds of current society members, about half and half carers and representatives of organisations working with people with disabilities and/or the elderly. Those elected were Bob Woods, a Psychologist based at Maudsley Hospital, was elected as Chairperson; Mr. Jones, a carer was elected as Secretary; and Miss Jarvis, a former carer, was elected as Treasurer. Ms. Jarvis is contact person for ADS Southwark. Her address is 199 Hollydale Road, SE15 Tel: 732 9005.

Anyone caring for a person with Alzheimer's or dementia would be very welcome to attend meetings of the society which are held at Holmhurst Day Centre, corner of Burbage Road/Half Moon Lane, London, SE24. Please contact Miss Jarvis for future dates of meetings on 732 9005.

NATIONAL ASSOCIATION FOR LIMBLESS DISABLED - have written to tell us that they now have counsellors in most areas of Greater London. They visit people to give help and organise socials and meetings at various locations around London. They are very anxious to know about limbless disabled people of any age If you would like to know more about their work or receive their newsletter, contact them at 134 Martindale Road, Hounslow, Middlesex TW4 7HQ. Telephone: 01-572 6337.

INDUSTRIAL DISPUTE AT J. E. HANGER & CO. LTD.

You will probably be aware of the industrial dispute at the artificial limb manufacturers, J. E. Hanger in Roehampton. It has attracted some press and media attention and in November it was the subject of a debate in the House of Commons.

The Government gave assurances in the course of that debate that it would act upon any cases of hardship arising out of the dispute that were brought to its attention. This can be done via an MP or directly to the Minister for the Disabled, John Major, at the DHSS.

The dispute is closely linked to the question of the future of the artificial limb service and the proposals for change put forward in the McColl report earlier this year. The Government has yet formally to reply to this report and is being pressed for its response from many sides. It has however, in the meantime, already established a disablement services division in the DHSS with its own general management committee which McColl recommended. In addition, greater computerisation of the articial limb centres is intended to elimate delays.

The Greater London Association for Disabled People - Tel: 274 0107 - would also like to be informed of any cases of hardship, as they are monitoring the situation.

★ ★ ★ ★ ★

DEADLINE FOR WIVES TO CLAIM CARERS' ALLOWANCE ARREARS EXTENDED.

The Health Secretary, Mr. Norman Fowler, has extended the deadline for married women to claim arrears of invalid care allowance from December 31st to August 31st 1987.

Responding to criticism from carers and disability groups, Mr. Fowler said he was anxious that all eligible women should get the full benefit of the Government's decision to extend the allowance. This followed a court case brought by a Manchester Woman, in which the Government was found to be in breach of a European Community directive on equal treatment of the sexes.

Back payments can be claimed by married women, who were previously excluded from the £23 a week allowance, to December 22nd 1984, when the directive took effect.

Mr. Fowler also agreed that disabled people receiving attendance allowance from local social security offices should receive a letter when their order books are re-newed in the next few months, explaining the extention of the care allowance. He had been criticised for failing to write directly to those whose names were not recorded on a central computer. So far 90,000 married women have claimed invalid care allowance, but applications are still coming in at a rate of 2000 a month.

SPORTS PAGE

BRITISH SPORTS ASSOCIATION FOR THE DISABLED,
South East London Branch

First things first; The Annual General Meeting of the B.S.A.D. will take place on 31st March 1987, at West Greenwich House, Greenwich High Road, London SE10 at 7.30pm. If you would like to attend please let us know as soon as possible. The AGM is a very important meeting and it gives **you** the member, the chance to make your views known to the people who organise the events for us. Membership forms available at the SDA office.

DATES TO REMEMBER:

Inter Borough Championships at Ladywell on 16th May, 1987
Open Championships at Ladywell on 19th September 1987.

Some members of the Rifleand Pistol Shooting team took part in an ''Invitation Shoot'' at Ladywell on November 8th. Jock Beedie came second in the Rifle Shooting. In the Open Club Championships which were held on 20th September our Southwark Phoenix Club Members did well - results as follows:

DARTS—Special Award for 'Sportsmanship' went to John Ellis

DISCUS — 3rd Stephen Thoms

SHOT PUT — 3rd Stephen Thoms

JAVELIN — 2nd Stephen Thoms

Well done everyone - more competitors needed, especially Table Tennis players.

ARCHERY
There is no Archery at the moment because we do not have a regular escort. Just as soon as we get someone then Archery will start again. There is still a lot of space on the ambulance, so if you would like to go please let the office know

SWIMMING
No decision has been made yet as to when Rotherhithe will be open, the possibility of using another pool is being investigated. Hopefully more news later.

BOWLS
Bowls now takes place on Tuesday evenings from 7.30pm to 9.00pm at Peckham Leisure Centre. Pick up is from 6.30pm. Two groups go, on alternate Tuesdays. There is still space for people on the Social service Ambulance. Every other Tuesdays we share this hall with wheelchair dancing.

SPORTS COMMITTEE
The Sports Committee has met four times now, at the moment it meets on Friday nights at Goodrich Road every month. We are still in need of representatives for Table Tennis and Snooker.

ACCESS COMMITTEE
Anyone who would be interested in joining the committee please let the SDA office know and groups are welcome to nominate someone. We already have the opportunity to look at applications before they go to Planning Committee and have been able to get some things changed, so it is possible to do something about how buildings are designed.

NEWS IN BRIEF

LINK

No doubt you have all caught up with the fact that this programme for people with disabilities is now broadcast on SUNDAY at 1.30pm instead of 11.00am

★ ★ ★ ★ ★

HEALTHLINE

Is a confidential telephone information service, started by the College of Health in 1984, which gives you detailed information about medical and health problems.

Every tape has been written and approved by medical experts. Each tape lasts for between two and six minutes and it is always made clear when a visit to the doctor is advisable.

To listen to a healthline tape, dial 980 4848 between 2 and 10pm any day of the week. An operator will take your call and play you a tape of your choice. There is no charge apart from the cost of the call. It would be a good idea to have a pen and paper handy to write down the names and addresses of organisations you may wish to contact These are given at the end of each tape.

The SDA has a directory of the tapes available in the office if you would like to find out more

★ ★ ★ ★ ★

CATS PROTECTION LEAGUE

Can you offer a secure responsible home to an older cat? The Cats Protection League are unable to take in any more cats until some of their strays are placed. An older neutered, house trained cat is the ideal companion to an older person. If you would like to help a cat in need please 'phone 635 0474 or 460

MINISTER FOR THE DISABLED

John Major M.P. is the new Minister for the disabled.

The Secretary of State is still Norman Fowler with Tony Newton Minister of State for Health.

Parliamentary Under-Secretaries of State are for Health —Edwina Currie, Social Security — Nicholas Lyell and House of Lords — Baroness Trumpington.

All the above can be contacted at DHSS, Alexander Fleming House, Elephant & Castle, London SE1 6BY. Telephone: 01-407 5522

★ ★ ★ ★ ★

FAITH IN THE CITY

Marilyn attended Southwark's Faith in the City conference on Saturday 13th October. Held at the South Bank Poly, it was an opportunity for the Council, Church & voluntary sector to discuss the many problems of the Inner Cities

★ ★ ★ ★ ★

FAMILY WELFARE ASSOCIATION FURNITURE PROJECT

This association has been offering support and help to Londoners for over 100 years. One of their latest projects is based at their warehouse in Rotherhithe from where they now offer secondhand renovated furniture and a furniture repair service at very low cost. Their community workers can give advice about DHSS grants and supply estimates. Donations of furniture always welcome. For further information contact:

Family Welfare Association,
Hope Sufferance Wharf,
61a St. Mary Church Street,
London, SE16 4JE

BBC EDUCATION ADVICE SHOP

Opened on 6th January, 1987 and is a 15 minutes programme broadcast Tuesday, Wednesday and Thursday at 9.45pm. It is aimed at those on low incomes especially those who are unemployed, disabled or elderly. The themes being covered in 1987 are as follows:

Benefits and help for people with disabilities	3/4/5 February
Support for carers	10/11/12 February
Housing (2 weeks)	17/18/19 February and 24/25/26 February
Death and bereavement	3/4/5 March

These dates may be subject to change — please check details in Radio Times or the press.

Ideas for **Advice Shop** programmes and comments on those shown are welcome. A free Advice Shop leaflet is also available for a large stamped addressed envelope from:

Mel Evans, Education Officer, Room 404, BBC, Villiers House, The Broadway, Ealing, London, W5 2PA.

★ ★ ★ ★ ★

FOR SALE

DASHING DUDLEY Power Plus Indoor/Outdoor wheelchair, complete with new batteries, lights, horn, kerb-climber and battery charger. **Little used.** Cost £1,700.00 — BARGAIN £800.00 o.n.o. No reasonable offer refused. Contact: 609 6846.

RUSSELL HOBBS Expresso/Capucino coffee maker. As new in box. £26.00
TOWER DEEP FAT FRYER (small size) new, still boxed. £15.00
SALTON GELATARIA Ice Cream Maker. Little used. £28.00

(For these 3 items contact Maureen in the SDA office)

LOCAL ACCESSIBLE PETROL STATIONS

Victoria Service Station,
Semley Place, SW1 W9Q.
8am - 6pm A

London Bridge Service Station,
179 Borough High St., SE1.
6am - 8pm B

Norbrook Service Station,
642 Streatham High Road, SW16.
Mon-Sat: 8am - 9pm
Sunday: 9am - 6pm A

Heybridge Service Station,
303/323 Streatham High Rd. SW16
Mon-Sat: 8am - 9pm
Sunday: 9am - 6pm A

Tooley Street Service Station,
Tooley Street, SE1.
7am - 7.30pm A

Gosterwood Filling Station,

Grove Park Service Station,
340 Baring Rd., SE13 0DU.
Mon-Fri: 10am-4pm
Saturday 9am - 12noon

Humphries Garages,
51a Herne Hill, SE24 9NE
9am - 6pm B

Abbeville Service Station,
1a Abbeville Rd., Clapham SW4.
Mon-Fri: 8am-6pm Sun: Closed

Mayflower Filling Station,
363/365 Clapham Road, SE4
Tel: 274 3374 A

Key: A = Attendant on Site
B = Willing to offer assistance

Thanks to Wandsworth Disablement Association for this information.

SERVICE FOR BLIND ASIANS

The Association for Blind Asians formed in February 1986 is a national voluntary organisation working for welfare of blind and partially sighted people of Asian origin in Britain. Full members must be blind or partially sighted and Asian in origin but any individual or organisation who supports the aims of ABA can become an associate member.

The organisation aims to identify the needs and difficulties faced by Asian blind people and to work to meet those needs in a variety of ways. It is particularly keen to form links with social services departments and to work closely with them to ensure that any existing gaps are filled. One suggestion has been that the ABA could provide interpreters to assist mobility instructors or rehabilitation officers working with clients whose knowledge of English is limited. Other ways in which ABA hope to help are translating information on welfare rights and services, training opportunities, employment prospects and other topics which will then be put onto cassette tape, braille or large print, and to make available in Asian languages information which will be of help to sighted people who work with blind people. It also hopes to organise social and cultural events and outings for blind people from the Asian community. In addition to providing services, ABA is very interested in finding out more about existing level of provision of local authority services for Asian blind people. It would particularly like to hear from Asian mobility instructors or rehabilitation officers working in London boroughs.

For further information contact Narendra Mehta, 14, Stanraer Way, Freeling Street, London N1 0DR. Tel: 609 3590.

THE SPECTACLES VOUCHER SCHEME

The Government introduced this scheme on 1st July, 1986 and it means those people who previously got glasses free or at a reduced price now get a voucher to spend on the private market. The vouchers are fixed at levels according to the strength of glasses. So, people entitled to the full voucher value would still get glasses free. The principle depends on opticians supplying glasses at prices which fit the voucher values. People can put their vouchers towards glasses which are more expensive and pay the difference. People who are not on a low income but who need very powerful lenses can get £2 towards non-bifocal glasses and £14 towards bifocals. The Royal National Institute for the Blind wants to find out how the voucher scheme is working in practice, especially for visually handicapped people. If you have any information contact Hugh Lawrence or Anne Hare-Brown, at RNIB, 224 Gt. Portland St., W1N 6AA. Tel: 388 1266.

ALPHA ADVISORY COMMITTEE

This committee has been set up by the Spastics Society who are employing 3 Development and Research officers to set up local Alpha Groups comprising people with cerebral palsy although other disabled people are encouraged to join. The purpose is to encourage people with cerebral palsy to become more active in the society's work and put forward proposals to the Spastics Society Executive Council.

The Development and Research Officer for the South, Richard Harris, who himself has cerebral palsy has been in touch with the SDA and would like to set up a London Alpha group. These groups will be composed entirely of disabled people and would hope to become self-running. The Alpha Advisory Committee will comprise a representative from each of the 8 Spastic Society's regions and up to 4 co-opted members and will meet not less than 4 times a year. Its specific responsbilities as laid down in the Terms of Reference are as follows:

1. To advise on measures to promote independence of living of Cerebral Palsied people within their aspirations and capabilities and to monitor the progress of these measures.

2. To encourage the integration of Cerebral Palsied people's lives and activities with those of the population in general.

3. To undertake research into matters concerning the needs and aspirations of Cerebral Palsied people.

4. To research the field of Cerebral Palsied people's involvement in the work of the Society and other voluntary and statutory bodies dealing with disablement.

5. To advise on measures for elimination of discrimination against Cerebral Palsied people and to monitor the progress of these measures.

6. To encourage the formation and co-ordinate the activities of Regional Alpha Advisory Committees (RAAC).

Dick Harris can be contacted at: 32, Lenton Terrace, Fonthill Rd., London N4 3JJ. Tel: 01-263 3178.

★ ★ ★ ★ ★

MOBILITY NEWS

Assistance Light — Handi Kontrols Ltd., of Northumberland have produced 2 new signs to help the disabled motorist. The first is a new emergency sign which lights up the wheelchair symbol, which enables you to call for assistance in the event of a break down or if you require help at a petrol station. The light works off the cars battery and comes with a spare bulb. It can either be placed on the roof of the vehicle via its magnetic base or attached to the window with the hook on the box.

Parking Light — this tells other drivers that you require room to get in to your vehicle and so making sure that they do not park too close. The light flashes and is operated by the car's 12 volt battery either through a cigar lighter or directly from the car. The light is stuck to the window by 4 stickers.

For further information contact: Handi Kontrols Ltd., FREEPOST, Workworth, Morpeth, Northumberland NE6S OHG. Tel: (0665) 712656.

Travel Offer for Blind People — Registered Blind people travelling by rail and Sealink ship to Europe can now take a companion with them free of charge. The facility is available for travel to 11 countries including France, Belgium, Netherlands, W.Germany and Italy. To qualify for the free travel offer a full fare return ticket valid for two months can be obtained from BR travel centres and principal stations. A blind person's Certificate of Registration or special form available at Social Services Dept. must be produced at the time of booking.

Access to the Underground — The edition of 'Access to the Underground', a guide for elderly and disabled people has been published by the London Regional Transport. It charts the complete route between street level and platform at each of the 272 underground stations, with details of alternative routes where available. John Wagstaff of L.R.T's Unit for Disabled Passengers is happy to give advice on access for any journey that you wish to make. Contact him on 01-227 3299. Access to the Underground is available over the counter at any Travel Information Centre or by post from the Unit for Disabled Passengers, 55 The Broadway, London, SW1H OBD.

Underground Map — L.R.T. have produced an Underground map with extra large print. For copies of the new map write to the Unit for Disabled Passengers, 55 The Broadway, London SW1H OBD.

NEWS ON TAPE

Anyone wishing to receive the SDA newsletter on TAPE or the 'Review of the SDA 1981-6' outlining our work of the last 5 years, please contact the SDA office.

British Telecom Guide on Tape — Visually handicapped customers can find out how British Telecom can help them from a recorded version of the Guide to Equipment and Services. To obtain a free copy send two Blank C90 cassettes with a stamped addressed label to Tape Recording Service, 48, Fairfax Road, Grange Estate, Farnborough, Hampshire GU14 8JP.

'A Conducted Tour of the London Transport Museum' — A cassette tape giving a 'Conducted Tour of the London Transport Museum' can be borrowed free by visually handicapped visitors to the London Transport Museum at Covent Garden or purchased for listening to at home. It costs £1 at the Museum or post-free from London Regional Transport Unit for Disabled Passengers, 55 The Broadway, London SW1H 0BD. Tel: 227 3176.

Woman's Own on Cassette —. Woman's Own magazine is available on cassette for people with visual disabilities at an annual subscription of £5. For details contact: Ted Davies, Chairman, The Talking Newspaper Association, 68a High Street, Heathfield, East Sussex TN21 8JB.

Spare Rib on Cassette — The feminist magazine, Spare Rib, produces its own cassette version for visually handicapped readers. It is a read and return service for which the subscription is £6 a year. Enquiries to Spare Rib on Tape Subs, 27 Clerkenwell Close, London EC1 0AT. Tel: 253 9792.

Sisters Against Disablement Newsletter — A magazine or tape by and for women with disabilities. Subscription rates are: £2.50 for women with disabilities, £10 for funded groups, £4 for unwaged individuals and £8 for waged individuals. It is available from: S.A.D. Newsletter, 45 Savernake Road, London NW3 2SO.

Reader's Digest Talking Magazine — This is now available for the blind and visually handicapped. A selection from the magazine — three hours' listening — is recorded each month on two cassettes, playable on any standard machine. A year's subscription costs £5 from the Talking Newspaper Association, 68a High Street, Heathfield, East Sussex TN21 8JB. Tel: 04352 6102.

SOUND PRESS FOR THE BLIND

Sound Press for the Blind have launched a National Talking Magazine which is available monthly to people with visual disabilities. If you would like to receive this service please contact: Sound Press for the Blind, 81a, Dawes Road, London SW6 7DU. Tel: 385 3874.

R.N.I.B. — BOOKLETS ON BENEFITS — The RNIB has produced two guides to state benefits for visually handicapped people. One lists the benefits available to pensioners and the other those that can be claimed by people of working age. Both give details of supplementary benefit, housing benefit, attendance allowance etc. The pensioners guide has a further section on the state retirement pension, and the guide for people of working age has details of income maintenance benefits, child benefit and family income supplement. Both guides have been produced on tape, in braille, Moon script and large print. Each costs 75p, available on request from 'Your benefit', RNIB, 224 Great Portland Street, London W1N 6AA. Tel: 388 1266.

DULWICH VOLUNTEER BUREAU

The bureau is based at St. Barnabas Church, Calton Ave.., London SE21 7DG. Tel: 299 1548. They are purely voluntary and have no funding apart from a small grant received from St. Barnabas Church in September 1985. They are able to accept volunteers from neighbouring boroughs and are anxious to recruit more. They are keen to have more people with disabilities as volunteers. Although they are still waiting for a ramp to be installed by the church they say if access is a problem please ring them. They have a wide range of contacts to refer volunteers to. They hope eventually to be an independent bureau.

Their co-ordinator, Ursual Gregory would be pleased to hear from you.

Opening hours: Monday 10-12 noon, Tuesday 2-4pm. Wednesday 6.30-8pm. Other times by appointment.

★ ★ ★ ★ ★

WEST INDIAN LEAGUE HOME IMPROVEMENT PROJECT

This provides a skilled work-force undertaking home decorations, carpentry, gardening and a wide range of household repairs for elderly people and disabled people and one parent families. Manpower Services Commission is funding the project so individuals only need to pay for the materials. The project is of a multi-cultural nature and this is reflected in its work-force. It has a total staff of 36 persons; 24 of whom are project workers who undergo continuous training and supervision from qualified and experienced team leaders. There is also a community worker who will visit all prospective clients before and during the life of the job ensuring satisfaction with its operations and offering general advice and assistance to the clients and any other problem that may arise. All persons employed on the project are issued with an identification card and it is expected that they should only be admitted upon production of such a card when working or visiting the client's premises.

Contact: Walter Hamilton, 83 Pellatt Road, East Dulwich, London SE22 9JD. Tel: 693 0320/5556.

★ ★ ★ ★ ★

NO KIDDING — was a project using puppets to increase awareness of disability in Junior Schools. No Kidding was a company of performers with and without disabilities. Funded by the GLC, the steering group has now reformed itself and has been meeting since October. It is looking for new members who should be people with disabilities so that they can undertake a further project. Replacement funding has been agreed by ILEA. If you are interested contact: Seona Reid, SHAPE, 1, Thorpe Close, London W10 5XL. Tel: 01-960 9245.

CARELINE

Is a Bus Service provided by Alder Valley North Bus Company. It comprises of single decker buses fitted with a lift and with room for wheelchairs and operates between the mainline London Stations and Heathrow. The service is hourly and costs £1 between stations, £3.50 between Victoria Coach Station and Heathrow and £4 from Stations to Heathrow. The bus can be used by able bodied and disabled people. Although the service has been in operation since July 1986, there is already talk of closing it down because of lack of funds. Dial-A-Ride can link up with Careline buses at Waterloo Station so if you need to get to any of the other stations you can do so by using 'Careline'; Please make use of the system as it is a very important service.

OFF LICENCE

SUFFOLK STORES

166 GT. SUFFOLK ST.
LONDON, SE1
Tel: 01-403 1252

LOCAL STOCKISTS OF
FINE WINES - BEERS - SPIRITS - Etc

London Bridge Coachworks LTD.

ACCIDENT REPAIR CENTRE

LOW BAKE SPRAY BOOTH ★ REPAIRS
COLOUR MATCHING ★ RESTORATION
BODY JIGING ★ RESPRAYS

INSURANCE COMPANY APPROVED REPAIRERS ★ ESTIMATES FREE COLLECTION & DELIVERY

01-403 0335

217 LONG LANE, LONDON SE1 4PR

METRO PRINT FINISHERS

METRO PRINT FINISHERS

UNIT 6
TOWER WORKSHOPS
RILEY ROAD, LONDON SE1

Telephone: 01-237 0196

CUTTING AND CREASING SPECIALISTS
SHOWCARD AND DISPLAY ASSEMBLY

FIRECREST TRADING LTD.

STORAGE SYSTEMS BOUGHT, SOLD and HIRED

MEZZANINE FLOORS also SUPPLIED and FITTED

FREE QUOTATIONS

735 ENID STREET, BERMONDSEY, LONDON, SE16

Telephone: 01-237 8455

REPROMAN

FOR ALL YOUR:—

● DYELINE PRINTING ● PHOTOCOPYING ●

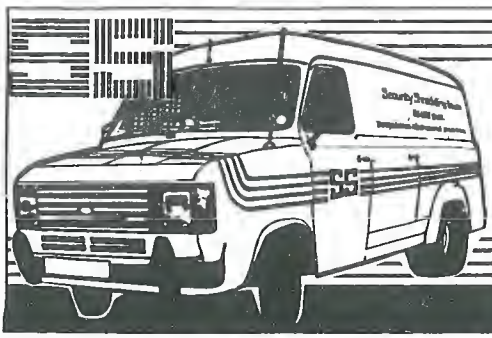
● 2080 ENLARGEMENT & REDUCTION ●

● WHILE YOU WAIT SERVICE or COLLECTION AND DELIVERY SERVICE *FREE* IN LONDON

CALL DOUG COCHRANE

UNIT 409, 164-180 UNION STREET, LONDON SE1 0LH

Telephone: 01-928 9136



Security Shredding Ltd.

2 & 3 Great Suffolk Street
Industrial Estate, London SE1 0HU

* SECURITY GUARDS COLLECT
* DESTROY COMPLETELY
* CERTIFY DESTRUCTION
* OFFER TOTAL SECURITY AND ECONOMY

01-261 9162

A RELIANCE SECURITY CO.

QUADRANT

DESIGN
ASSOCIATES

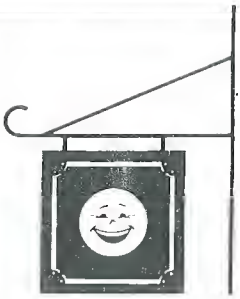
84 LONG LANE
LONDON SE1 4AU
TEL: 01-407 0261

CORPORATE
IDENTITES

BROCHURE
DESIGN

PACKAGING

PROMOTIONAL
LEAFLETS



SMILE
EMPLOYMENT
AGENCY

151 Borough High Street, London SE1 1HR
Telephone 01-403 4191. Telex 893614 SANLON

Your friendly local Agency—
come up and see us some time

Ace Translations Limited

151 Borough High Street, London SE1 1HR
Telephone 01-403 5919 Telex 893614 SANLON

WE CAN HELP WITH ALL YOUR TRANSLATION PROBLEMS

London Town Despatch Limited

407 8980

BIKES • VANS • TRANSITS • LUTONS
• NATIONAL OVERNIGHT SERVICE •

Blockley Cobbler

Made to measure Shoes
Made to measure Lasts
ANY SIZE ★ ANY SHAPE

In Southwark & in Gloucester
01-708 1027 (0386) 700115

ORANGES — LEMONS — GRAPEFRUIT
MINNEOLA TANGELOS — MANDORAS

Two brands that denote the
FINEST PRODUCE from CYPRUS

LAFAL
Grown, packed and exported by
LANITIS FARMS, CYPRUS

E L
E F
Packed and exported by
LANITIS GROUP, CYPRUS

AVAILABLE IN THE UK AND EUROPE FROM

LFS Limited

SIMS BUILDING, WINCHESTER WALK, LONDON SE1 9AG
TELEPHONE: 01-407 8651
TELEX: 887510 LAFAL G

ZETA
PHOTOTYPESETTING LTD
HARLING HOUSE
47/51 GREAT SUFFOLK STREET
LONDON SE1 0BX

Typesetting
Design/Artwork/Slides

PHONE 261-1144

ARE YOU THE DRIVER YOU THINK YOU ARE?

Prove how well you can drive by taking the RoSPA Advanced Drivers Association Test.

Contact the RoAD Association, Cannon House, The Priory Queensway, Birmingham B4 6BS for details.

THAT' NICE HARDWARE STORE

FOR 1001 THINGS YOU NEED ★ ALLTOP BRANDS

BLACK & DECKER ★ TEFAL ★ RUSSELL HOBBS ★ SWAN

ROWENTA ★ ADDIS ★ PYREX ★ POLYCELL

STANLET ★ AND 100's MORE

● ● ● ● ●

WE ALSO CARRY A RANGE OF FANCY GOODS.

IDEAL FOR PRESENTS or YOUR HOME

CUT GLASS ★ STATUES ★ FOOTSTOOLS ★ BRASS

WHAT IS MORE, WE ALSO CARRY SOME VERY CHEAP LINES
THIS MONTHS SPECIAL:—Quartet Toilet Rolls 4 for 65p!

164 GT. SUFFOLK STREET, SE1

Telephone: 01-407 0368

SWIFT CONVERTORS

PRECISION

★ SHEETING ★ SLITTING ★
★ GUILLOTINING ★
★ TAPE SLITTING ★ BACK SPLITTING ★

TOWER WORKSHOPS, UNIT 3
RILEY ROAD, LONDON SE1 3DQ

Telephone: 01-237 0208

COURIER AND TRANSPORT SERVICES LTD.

19F TOWER WORKSHOPS
RILEY ROAD
LONDON SE1
Tel.: 01-232 0822/01-237 0069
Fax.: 01-237 5896

★ FACSIMILE (F.A.X.)/TELEX/TELEGRAM ★ DESPATCH DELIVERY ★ UK OVERNIGHT SERVICE ★ PARCEL COLLECTION & DELIVERY ★ INTERNATIONAL AIR COURIER SERVICES ★ GARMENT COLLECTION/STORAGE & DISTRIBUTION ★ SELF-DRIVE CAR RENTAL ★ CONSULAR VISA SERVICE (Including Legislisation of Documents) ★ CHAUFFEUR DRIVEN CAR HIRE ★ COMPUTER DATABASE ACCESS (Financial and Company Information)

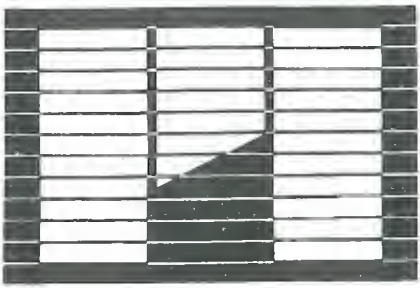
The Garden Centre

Everything you need for your Garden
FISON — I.C.I.— WINDMILL PRODUCTS

★ *FOR ALL YOUR GARDENING REQUIREMENTS*
★ *BUILDERS MATERIALS*
★ *SCAFFOLDING SUPPLIED AND ERECTED*
★ *CALOR GAS DELIVERIES & HEATERS SERVICED AND SUPPLIED*
★ *PLANT DECOR FOR:*
SHOPS:OFFICES:HOTELS:RESTAURANTS

Plant maintenance throughout the year
CRAZY PAVING AND SLAB LAYING

77-83 GT. SUFFOLK STREET, LONDON, SE1
(Opposite Cable and Wireless)
Telephone: 01-633 0416



POSITIVE IMAGE LTD

AUDIO-VISUAL & VIDEO PRODUCTION

83 WESTOM STREET
LONDON,
S.E.1

Telephone: 01-407 0265

IMEDIAPRINT

UNIT 4, BEAR LANE
GT. SUFFOLK ST., LONDON SE1

Producers of Publications Reports, Manuals, Leaflets and Stationery

PHONE PAUL HARMER
01-928 5074

VIDEO ENGINEERING & TRAINING

FOR MAINTENANCE AND REPAIR OF VIDEO AND AUDIO EQUIPMENT AT COMPETITIVE PRICES

DISABLED ACCESS
PLEASE RING 237 6565

MARTYN ELMES

UPHOLSTERER

Traditional and Modern
Specialists In All Fabrics
Bar Seating & Office Contracts
Quality Workmanship
Free Estimates

12b TOWERWORKSHOPS, RILEY ROAD
LONDON, SE1 8UB
Telephone: 01-237 6299

SOUTHWARK METALS LTD.

FERROUS and NON-FERROUS METAL MERCHANTS

MIXED FERROUS SCRAP : COPPER BRASS : LEAD AND CABLES

20/24 KING'S BENCH STREET
BLACKFRIARS, LONDON SE1
Tel: 01-928 8520
Telex: 8812805

STUDIO SMK LTD

GRAPHIC REPRODUCTION

24 Newington Industrial Estate
Crampton Street
London, SE17 3AZ
Telephone: 01-708 1622

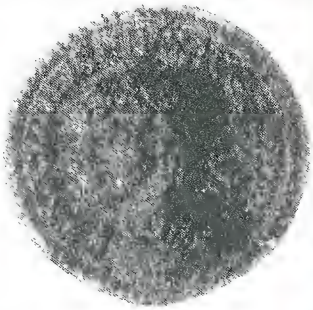
Text

Filmsetters to
Studios
Agencies
Printers &
Publishers (Book & Magazine)

Over 1,600 typefaces available on the Linotron 202

For complete list and catalogue contact Mel Hobbs at
Text Filmsetters Ltd, Unit 310, 164-180 Union Street, London SE1 0LH
Telephone 01-928 9091 – Fax 01-928 9447

SENATOR
GRAPHICS LIMITED



FOR ALL YOUR
TYPESETTING NEEDS

HARLING HOUSE, 47-51 GREAT SUFFOLK STREET
LONDON, SE1

Telephone: 01-928 0413

SDA SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER No. 45

WINTER EDITION 1987

The Southwark Disablement Association wish you a Happy New Year.

ROOM 48
AYLESBURY DAY CENTRE
BOYSON ROAD
LONDON, SE17 2BA

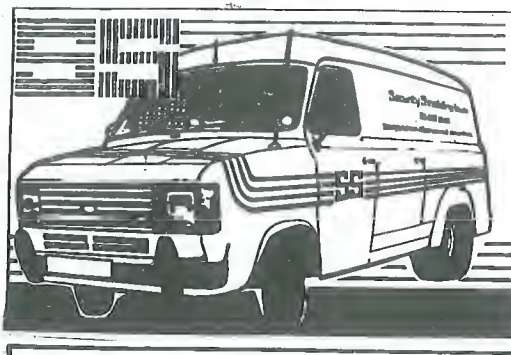
Telephone: 01-701 1391

We are open for advice and information on:—

Mondays: 1.30pm to 3.30pm

Wednesdays: 10.30am to 12.30pm

Fridays: 1.30pm to 3.30pm



Security Shredding Ltd.

2 & 3 Great Suffolk Street
Industrial Estate, London SE1 0HU

* SECURITY GUARDS COLLECT
* DESTROY COMPLETELY
* CERTIFY DESTRUCTION
* OFFER TOTAL SECURITY AND ECONOMY

01-261 9162

A RELIANCE SECURITY CO.

Tempo

Tempo Filmsetting Limited
217 Long Lane, London SE1 4PN
Tel: 01-407 0159 Fax: 01-403 6871

Phototypesetting

Headlines Artwork

Camera and PMT service

E. Coules & Son

LIMITED

Specialists in
ARCHITECTURAL METALWORK

46 Loman Street, Gt. Suffolk Street, London, SE1 0EH
Telephone: 01-928 1407 *Established 1809*

THINK FIRST ABOUT PAPER DART DESIGN

What message do you want it to carry?
Where do you want it to land?

If you have an important message and you want to hit the right target, Optimus' above and below the line service will identify and hit the target.
Contact Marcus Rich Optimus Ltd

77 Weston Street London SE1 3RS
Tel 01-407 2499 Fax 01-407 3540.

OPTIMUS
The Communication Works

SWIFT CONVERTORS

PRECISION

SHEETING ★ SLITTING

GUILLOTINING

TAPE SLITTING ★ BACK SPLITTING

TOWER WORKSHOPS, UNIT 3
RILEY ROAD, LONDON SE1 3DQ

Telephone: 01-237 0208

METRO
PRINT FINISHERS

METRO PRINT FINISHERS

UNIT 1
APOLLO BUSINESS CENTRE
TRUNDLEYS ROAD
LONDON SE8

Telephone: 01-237 0196

CUTTING and CREASING SPECIALISTS
SHOWCARD and DISPLAY ASSEMBLY

THE SURVIVAL GAME

SURVIVAL GAME (UK) LIMITED
SOUTH THAMES STUDIOS · 5/11 LAVINGTON STREET · LONDON SE1 0NZ · TELEPHONE: 01-928 1733/0962

W.G. STATIONERY COMPANY

164/180 UNION STREET
LONDON SE1 0LH
TELEPHONE: 01-928 0915

WE ARE HERE TO SERVE YOU
WITH ALL YOUR OFFICE SUPPLIES

STATIONERY — PRINTING

OFFICE MACHINES AND EQUIPMENT

SERVICE IS OUR SPECIALITY

CROUCH BROS.

Sheet Metal Fabricators, Site Welding,
Burglar Bars, Steel Structures.
Welding Arc-Gas-Argon

66 Ewer St SE1. Tel: 01-928 1177

G. WORRALL & SON LTD

(ESTABLISHED OVER 80 YEARS)

LOCK KEY and SAFE SPECIALISTS

174 GT. SUFFOLK STREET, LONDON, SE1 1PE Tel: 01-407 8498

CITY BIKE couriers

100% commitment from all personnel
priority motorcycle messengers
express press release distribution
contract hire
van and working drivers
UK overnight deliveries
Red/Night Star forwarding
international couriers
free insurance to £2000 cover
courteous and careful service
no learner drivers
no service/administration charges
member of the Despatch Association.

928 6999

STUDIO SMK LTD

GRAPHIC REPRODUCTION

24 Newington Industrial Estate
Crampton Street
London, SE17 3AZ

Tel: 01-708 1622

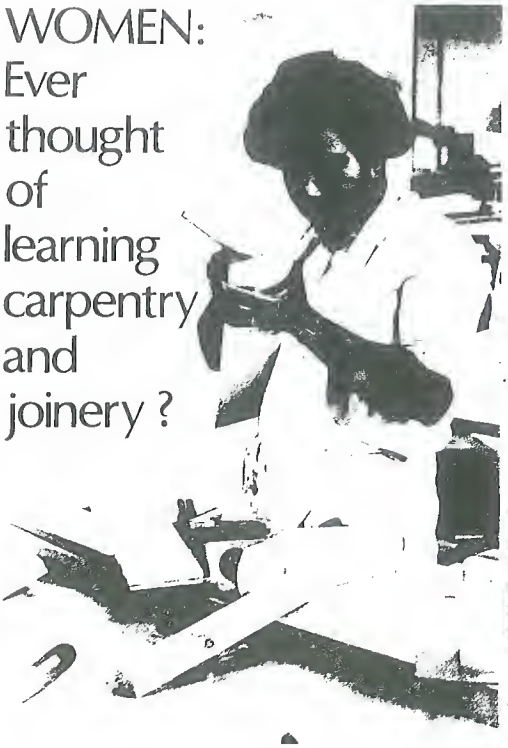
POSITIVE IMAGE LTD

AUDIO-VISUAL
&
VIDEO PRODUCTION

83 WESTON STREET
LONDON, SE1

Tel: 01-407 0265

WOMEN:
Ever thought of learning carpentry and joinery ?



★ THE COURSES ARE FREE AND THERE ARE TRAINING AND CHILDCARE ALLOWANCES

★ NOW'S YOUR CHANCE!

Southwark Council has set up a Women's Carpentry and Joinery Training Workshop in Union Street, SE1 (near Blackfriars and London Bridge).
It is for women living in Southwark who want to go into paid employment.
Priority is given to black and white working class women, single parents, women 18-58 years with no education past secondary school.
There is provision for teaching deaf women.

★ NO EXPERIENCE NECESARRY!

The courses are full-time for 22 weeks, and aim to take you to the level of first year City and Guilds. There will be a basic introduction to the trade including practical and theory, site and bench work.

FOR FURTHER INFORMATION WRITE TO:—

Southwark Women's Training Workshop

2nd FLOOR
164-180 UNION STREET
LONDON, SE1 0LH

Telephone;
01-261 0575

Telephone:
01-261 0576

SOUTHWARK DISABLEMENT ASSOCIATION

Chairman_____Michael Pearson
Director_____Mary Marshall
Administration Secretary_____Maureen Shbero
Advice and Resource Workers_____Marilyn Little
John Rahman
Leisure and Access Worker_____Stephen Thoms

NEWS FROM THE S.D.A.

We were delighted to see so many of you at our Annual General Meeting in October. I hope you have all had a chance to read our Annual Report and to find out what we've been up to during the last year! Many of you have said how informative you found Gladys Bishop's talk about Southwark Social Services Holiday provision. Those of you who were at the meeting will have heard the Mayor announce the fact that the Mayors Common Good Trust is willing to sponsor a person on a Jubilee Sailing Trust voyage. SDA are taking the nominations so if you are interested please send details of yourself to us as soon as possible. This is a marvellous opportunity for someone - it does not matter what your disability is. More about the 'Lord Nelson' Sailing ship that you would be helping 'to man' later in the newsletter.

I have not received any articles on'Attitudes You Hate Most' so obviously you are all happy about other peoples attitutes. If not - where is **your** article?

The last two months have been preoccupied with AGM's - Southwark Crossroads, Southwark Alarm Scheme, Southwark Taxi Card Holders Association - all holding theirs recently. News from them further on in this newsletter.

The Advice Service is very busy with more people realising the need to have their benefits checked before the change in the Social Security benefits takes place in April. Don't forget to contact us if you have not already done this. However, **Please** try to call during our opening hours as it is impossible for us to cope with a steady stream of callers from 9-5pm and get other work completed.

Posters in Bengali, Hindi and Gujarati are being printed now and will be distributed.

You will all have received our new information leaflet on 'Holidays'. I hope you will find it useful.

Our sad news is that Maureen left us at Christmas. She has been here nearly three years and been most conscientious in her efforts to help the SDA in many ways but particularly as Chair of our Fundraising Committee. We thank her and will miss her very much. She is going to work at Cambridge House, so will not be far away, so hopefully we will still see her.

Also, Marilyn went to New Zealand in December for two months holiday, so we will be short staffed in the New Year so please bear with us if your calls are delayed.

Mary Marshall

SDA VOLUNTEERS

The number of volunteers who work for the SDA has increased slightly, with Katheryn Cutler, Mary Laughney, Martin Nash, Regular Durr and Rosemary Waller and Garrick Prayogg joining us in recent months. Their welcome arrival has helped ease the chronic shortage of voluntary assistance, as they have all contributed as drivers, visitors or escorts.

Volunteers come and go of course, so we never know how many volunteers we are likely to have in a few weeks or months time. However, at the time of writing (mid November) I am able more often than not to fill volunteer request. If you would like a visitor or an escort to go shopping, please let me know. I will do my best to help.

Marilyn Little

★ ★ ★ ★ ★

SPORTS NEWS

ARCHERY

Unfortunately there will be no archery this year as the archery coach has decided not to do it, and because of the cutbacks in Lambeth Council, there is no money available for another coach.

LEISURE FACILITIES

Due to the present spending cuts in the Borough, every department is having to make cuts in the services it provides to the public. Leisure and Recreation has been one of the hardest hit departments and consequently there have been serious cutbacks in libraries; some closed for 2 or 3 days and others closing early. With Leisure Centres and swimming pools, part of the spending cuts means that when staff leave, there is no money to replace them, consequently if enough staff leave, you get to the point where the centre is unable to open. This has happened a couple of times recently and I am afraid that it will not get any better. So, when you go to bowls, wheelchair dancing or any of the other activities at the centres, be prepared that you may find it closed.

SOUTHWARK PHOENIX

The sports club has moved to the Camberwell Baths, Artichoke Place, SE5 and now meets every other Tuesday from 7.30 to 9.30pm (2nd and 4th Tuesday of the month.) If you would like to go and can make your own way, then please come. Some transport available.

BOWLS.

There are still a few places on the coaches for bowls at Peckham Leisure Centre on a Tuesday evening from 7.30 to 9.30pm. There are two groups that go on alternative Tuesdays.

SHOOTING

As from January there will be an ambulance going to Ladywell on alternative Monday evenings for shooting. If you would like to go please ring the office. A team of four went to an invitation shoot at Clapham and won one gold, two silver and one bronze medal. Shooting is becoming very popular now and our team gets better every shoot we go to and we would like more people to take part - so why not have a go?

BRITISH SPORTS ASSOCIATION FOR THE DISABLED

On 19th September 1987, a team from Southwark Phoenix went to the Open Sports held at Ladywell Centre. Despite transport problems we had quite a successful day, the following winning medals:

Mrs. Yeomans	Silver	Darts
John Ellis	Silver	Darts
Steve Thoms	Gold	Darts
Wendy Oddy	Bronze	Table Tennis
Steve Thoms	Gold	Javelin
Sue Clayden	Gold	Pistol Shooting
Noran Foley	Bronze	Pistol Shooting

The team came joint second in the darts and joint third in the shooting. Roger Brooksby won a medal at the fishing tournament and the team finished 4th.

Stephen Thoms

ARTHRITIS CARE

The Social Group is continuing to meet the first Thursday of each month at 1.30pm here. We hope to have different speakers to talk to the group and to have bingo/raffles etc., to providee some relaxation and funds! If you have arthritis you are welcome to come or if you know someone who has, please tell them about the group. Limited transport is available or of course you can use Dial-a-Ride or the Taxi Card if you are a member of those schemes.

The committee continue to meet regularly once a month and we will be holding the inaugural meeting of the Southwark Branch of Arthritis Care on the evening of the 7th March. Please come and support us.

Mary Marshall

★ ★ ★ ★ ★

FOCUS

FOCUS is the group of people with disabilities working to change for the better, how we are perceived by our able-bodied peers here in Southwark.

Our work in identifying areas in which people with disabilities are discriminated against on the basis of disability continues relentlessly. Over recent months we have campaigned vigorously on such diverse subjects as delays in dealing with disability related beneifts claims in DHSS offices, parking of cars on pavements, obstructing the path of people in wheelchairs, cuts in the provision of Social Services transport, local and national implementation of the Disabled Persons Act 1986, improving access into and within such public buildings as Post Offices, banks and buildings societies, lack of employment opportunity for people with disabilities and having talks aimed at raising the level of disability awareness within various council departments.

As you can see we are an extremely active group although at the moment small in number. We urgently need people with a disability to come to our meetins and support this work in every way possible. So if you are aged between 16-60 years and have a point of view on any subject concerning poeple with disabilities, please come and join us or telephone the SDA on 701- 1391 for more information.

Lucille Lyden

DISABLED PERSON'S ACT.

The working party on the D.P.A. which consists of representatives from various voluntary organisations of, and for people with disabilities and also from the Social Services department has continued to work on campaigning for full implementation of the 1986 D.P.A.

This work has been varied and time consuming, but has taken the format of collecting signatures on a petition calling for implementation and working with the Social Services Department Working Party to produce guidelines for the proper implementation of the Act.

It is hoped to take part in a Lobby at the House of Commons on Tuesday 8th December at which time the petition will be given to Mr. Tom Clarke M.P. who will present it to the House of Commons.

A decision has been taken to hold a one day conference on the Act in order to give people with disabilities the opportunity to find out what the Act is all about. The conference is to be designed to cater to the needs of people with all types of disabilities and we hope it will take place in the Aylesbury Day Centre on 19th March 1988. Further information from the S.D.A.

Lucille Lyden

★ ★ ★ ★ ★

NEWS FROM OTHER ORGANISATIONS

SOUTHWARK VOLUNTARY CAR DRIVERS POOL

Once again, a plea for any drivers to contact either the SDA on 701 1391 or Renata the Car Drivers Pool's Voluntary Co-Ordinator on 635 9672 if they are interested in doing some driving.

It does not matter how little time you have available or if your commitment can only be occasional, all drivers are welcome.

Mileage of 30p per mile will be paid for all journeys, most of which will be local. Drivers can always refuse a request to drive if it is inconvenient or too far.

★ ★ ★ ★ ★

SOUTHWARK DIAL-A-RIDE

We now know there will be no increase in funding for Dial-a-Ride next year and so Dial-A-Ride will be doing their own fundraising for another bus. To date they have raised £4,500. At the moment they have 1,750 members and the book ahead period has been reduced to one week which will commence on 4th January 1988. Each person can only have one outstanding booking at any one time and a computerised booking system will be introduced in January.

★ ★ ★ ★ ★

SOUTHWARK TAXI CARD HOLDERS

As some of you know, we had the Taxi Card Holders Association Annual General Meeting on the 4th November. Mr. Donaldson and Mr. Lambert from Computer Cabs came to speak and answer queries. Our members found them very helpful. Also, Brian Howard, who attends all our committee meetings, representing London Regional Transport, spoke.

We were delighted to welcome some new members to our committee this year, but most of all we need a lot of people to become members and to pay their subscriptions as the stationery and postage costs are going up all the time. So, if you have not paid - please do and help us to help you.

Our committee for the year ahead are as follows:—

Officers:

Chair..**Josie Reilly**
Vice Chair..**Jim Sutherland**
Assistant Secretary..**Beatrice Giles**
Treasurer..**Ruby Brooksby**
Secretary...**Noran Foley**

Committee

Mary Reardon
Wendy Oddy
Roger Brooksby
Albert Ponder
Doris Gumbs
Jean Morton

Ex-Officio Members and Advisors

Mary Marshall (SDA)
Brian Howard (London Regional Transport)

We look forward to hearing from you.

Josie Noran

★ ★ ★ ★ ★

SOUTHWARK CROSSROADS

Southwark Crossroads is a care attendant scheme whose aim is to enable the families who look after people with disabilities in their own homes to have a short break from their caring role. In exceptional circumstances help can also be given to people with disabilities living alone.

In any one month we visit between sixty and seventy homes — but we are nevertheless a small voluntarily funded organisation and we do not even have an office!

Sadly, earlier in the year we lost our Co-ordinator Anne Smith. Anne had been with Southwark Crossroads since its inception and was well known to many people. Chris Bacon and I have recently taken over as Joint Co-ordinators and we hope to maintain the kind of service which seems to be popular with our existing clients.

If you would appreciate some help from Crossroads or if you know of anyone who would, please do contact either of us:—

Sophie Hamilton
29 Belvedere Road
London, SE19 2HJ
Tel: 771 1367

Chris Bacon

Tel: 318 1065

OUTSET

OUTSET, a national charity, works for and with people with disabilities to improve the quality of life in key aspects of everyday living. OUTSET has conducted detailed interviews with over 70,000 disabled people and through extensive survey and research activities has built up one of the largest databases on disability in the UK. This is available to individuals and organisations.

Arising from this information, OUTSET has set up six training and employment projects in the field of information new technology. Over 60% of OUTSET'S staff are people with disabilities. The Employment Development Unit (EDU) has played a central role in the establishment of these successful projects. The EDU offers a comprehensive range of advice, development and research skills to assist trainers and employers interested in similar or new initiatives. The Unit can conduct feasibility studies, develop and assist you to implement your projects while providing a wide range of advice and support services before and after. The EDU has the research expertise to work on issues within the fields of training and employment of people with disabilities and has the backup of its Information Bank. The EDU's experience lies with having worked with businesses, public authorities and voluntary organisations, both large and small.

For more details about their work, contact: Maria Ball, Employment Development Unit, OUTSET, Drake House, 18 Creekside, Deptford, London, SE8 3DZ. Tel: 692 7141.

WALWORTH CITY FARM

A City Farm is opening soon in Braganaza Street, If any frustrated flat dwellers interested in gardening would like to know more about it, please telephone them on 793 0526.

I understand that there are raised beds, slopes and wide paths to allow people with disabilities access to the City Farm.

In the next few months, the derelict site on the corner of Braganza Street, SE17 will slowly change into a place for plants, trees, vegetables and flowers.

The gardens will be for all local people, young and old of all cultures. We will have raised beds for people with difficulties in bending down, and small tools for children.

It will be a place to enjoy all the aspects of horticulture with your friends and neighbours. Teachers are invited to use the educational resources available.

For further information please contact:

Walworth City Farm,
Southwark Co-operative Development Agency,
42 Braganza Street,
London, SE17 3RJ.
Tel: 793 0526 (24hr. answer-phone)
Open 9am-6pm Monday to Friday (please phone first)

DAVIS STORAGE LTD.

(ASSOCIATED WITH DAVIS SHIPPING LTD.)

MAIDSTONE BUILDINGS, 74 BOROUGH HIGH STREET, LONDON SE1 1XD
Telephone : 01-407 7771-2-3-4

A TALKING TUBE STATION GUIDE

A talking underground station guide for visually-handicapped passengers has been produced by London Regional Transport's Unit for Disabled Passengers.

A cassette tape lists all 275 London Underground stations in alphabetical order, identifying for each station, which line or lines it is on and any possible British Rail Interchange and whether access to the platforms is principally by stairs, escalator or lift — this can be particularly important to guide-dog owners.

Copies can be obtained free from the Unit for the Disabled Passengers, London Regional Transport, 55 Broadway, London, SW1H 0BD. Tel: (01) 227 3312/3299.

Another development is the addition of tactile (raised) lettering to the identity cards carried by underground travelling ticket inspectors which will enable visually-handicapped passengers to check an inspector's authority when they are asked to show their ticket or travel permit.

REPAIR DISCOUNTS

Disabled drivers are one of several groups who can take advantage of discounts offered by a national chain of repair specialists. The Auto Safety Centre's discount scheme supplies to exhaust fitting, clutch replacement, brake and steering repairs, servicing, MOT testing, batteries and DIY parts.

Details of the scheme, open to teachers, NALGO members, the fire services, students, disabled drivers, the police and UCW members, can be obtained from any of the 50 Auto Safety Centres in the UK or by writing to Auto Safety Centres, Trafford House, Chester Road, Stretford, Manchester.

★ ★ ★ ★ ★

SHELL (UK) PETROL STATIONS WITH FACILITIES FOR DISABLED DRIVERS

Old Kent Road, London, SE1 (Tel: 232 2957) 7am to 6pm everyday

Southwark Bridge Road, London SE1 (Tel: 403 1708)
Mon-Sat. 7am to 6pm and Sun. 8.30 to 6pm

Coldharbour Lane, London, SE5 4PY (Tel: 274 8115)
Mon to Sat 7am to 6pm and Sunday 8am to 6.00pm

Southwark Park Road, London SE16 (Tel: 237 3832)
Mon. to Fri. 7am to 6pm and Sat/Sun. 8am to 6.00pm

Gordon Garage (Dulwich) East Dulwich Road, SE22 (Tel: 693 6121)
9am to 5.50pm everyday

All these garages in Southwark can provide a Attendant Service for disabled drivers requiring help filling tanks, checking oil and water, tyres and also if you need something from the shop or need help getting in. Please note that help can only be provided during the hours mentioned above.

BENEFITS PAGE

Social Security Changes in April 1988. What are they? Will they affect you? In our last newsletter we briefly mentioned the Supplementary Benefits review. The Government are implementing new ways to provide welfare benefits.

The majority of people claiming welfare benefits receive Supplmentary Benefit. The principle of 'Requirements less Resources' are to remain. The fundamental changes are in the way people's requirements are calculated, i.e. the amounts that Parliament lays down to enable claimants to feed, clothe and keep themselves warm.

The principle of basic rate and long term rate are to be abolished, along with all the additional requirements we mentioned in our previous newsletter (i.e. diet, laundry, baths, heating additions and so on).

The new system called **Income Support**) in a nutshell will mean that 'most' people will be worse off.

Example	**Current System December 1987**		**Income Support Effective April 1988**	
Single person long term rate (due to illness/disability)		38.65	Single persons personal allowance (25yrs. of age or over)	33.40
Higher Heating Addition		5.55	Single persons premium for disability	13.05
Diet Addition (diabetes)		3.80		
Bath Addition (to ease pain of arthritis)		1.80		
Laundry Addition 'unable to do washing him/herself)		2.45		
		52.45	Therefore current system	51.25
As on Long Term rate deduct		1.00	new system	46.45
		51.25		4.80

You will no longer be able to claim the 'extras' that make your benefit up to a level that will cover your needs. Instead the extras will be replaced by **Premiums.** These premiums are at a fixed rate. People that have 'invisible' disabilities will find it a lot harder to claim what previously would have been rightly theirs.

The replacement of Single Payments such as removal expenses, bedding, clothing (due to a disability), are all to be scrapped. These entitlements are to be replaced by **The Social Fund.**

The horrors of **The Social Fund** will mean that if you need extra money for any of the above you will be able to claim from The Social Fund, but you are required to pay it back. An example would be — Mr. W. gets £45 per week, he moves to a new flat and claims from the Social Fund to cover removal expenses, costing £125. He will be required to pay back out of his £45 per week £1 - £2 per week to the DHSS.

Briefly, Housing Benefit will also be affected, instead of people getting 100% certified Housing Benefits, they will only be able to get 80% housing costs.

Finally, the picture is certainly gloomy, with essentially:

1. lower rates of basic benefit
2. abolition of additional requirements
3. The Social Fund in real terms a 'loan facility'
4. Housing Benefit reduced.

What can you do about it? Very little, unfortunately. It is now an Act of Parliament so all you can do is to ensure that your benefits are correctly checked and that you claim now for what is yours.

Finally, in the last newsletter we said we would say more about other additional requirements. This is a reminder of the more common ones.

Extra Wear and Tear. The DHSS will pay the cost of extra clothing/shoes if you wear out these items quicker than normal i.e. someone who has insulin injections are likely to find that their nerve endings are numbed. Your feet may drag along the ground causing extra wear and tear to your shoes. £18 per pair of shoes. You require 4 pairs per year which is 4 x £18 = £72 minus £18 (you already get in your Supplementary Benefit) = £54 divided by 52 weeks = 35p per week.

Bath Addition. The DHSS will allow 30p per extra bath you require i.e. the doctor has recommended that you bathe everyday for medical reasons.

1. ease the pain of arthritis.
2. due to incontinence etc.

Therefore someone that requires 7 baths a week will be allowed 7 x 30p = £2.10 - 30p (you already get in your Supplementary Benefit) = £1.80 per week.

Laundry Addition. The DHSS will pay for the cost of laundry if you are too ill or infirm (and that there is no one in your household able to do it that is 16 years old or more). The best way of calculating your costs will be to add the amounts as follows:

i.e.	Wash	1.20
	Spin	60
	Dry	20
	Soap/Comfort	50
		2.50 - 55p (you already get in your Supplementary Benefit)
		3 £1.95 per week.

See me to check your benefits. **Remember,** All you get now or all you end up with by April will be guaranteed by what is called **Transitional protection.** That is until the yearly increase of benefit catches up with your current entitlement.

CLAIM NOW BEFORE IT IS TOO LATE

John Rahman

CAN YOU HELP ME? My mother needs a live in companion, she is eighty years old and lives in Streatham in her own house. The companion would have very little house work and salary is negotiable but I would need references. If you feel you could help me or know someone who could, please ring me - Sheila on 274 4790 - Thank you.

WANTED Hoover in good working condition for a disabled person. Telephone 701 1391 (SDA office)

SOUTHWARK DISABLEMENT ASSOCIATION

CANNOT ACCEPT RESPONIBILITY FOR SERVICES AND

EQUIPMENT MENTIONED IN THIS NEWSLETTER

LORD NELSON

The Jubilee Sailing Trust was set up to encourage and assist people with disabilities to take part in off shore sailing alongside able bodied crew members. To this end, for the first 7 years of the Trust's life, three ships were chartered to test the theory that it was possible for people in wheelchairs to take part in sailing a large square rigged boat. The first two boats used were the 'Marquee' in 1979-80 and the TS Royalist which is used by the Royal Navy for training young sailors in the art of sailing. Neither ship was really suitable for wheelchairs as there was no chair lifts or things like that. However, despite all the problems the initial idea was proven and so the Trust Chartered another vessel for three years. This vessel the 'Soren Larson' was featured in the Onedin Line and is probably very well known to many of you.

With a few modifications, i.e. Chair lifts, special bunks, toilets, etc., The Soren Larson carried out 50 cruises ranging from a weekend to 10 days sailing round the British Isles, The Channel Islands and the occosional visit to the continent. At last it was possible to build a vessel that was specially designed for people with disabilities.

Launched on 15th October, 1985 the 'Lord Nelson' is a BARQUE (3 masts, square rigged) and is the largest square rigged vessel to be built in the UK for 75 years.

Recently the Lord Nelson visited London and was moored at Tower Pier and a group of us were lucky enough to go aboard her. On deck there are tram lines where wheelchairs can be connected by line to the deck which prevents the wheelchair moving about in rough weather. The Bridge and Chart Room are both accessible and have specially adapted equipment for steering, navigation and communication. Everbody has the chance of taking full part in the working of the ship.

There is a chair lift for those in wheelchairs to go below where the crews quarters are. The lower bunks are for those people with mobility problems, those toilets on board are to wheelchair standard.

There is a permanent crew of 10, and the rest are made up of able bodied and disabled people who work together to man the ship, doing watchkeeping duties, learning the ins and outs of ropeworks, sails, navigating, steering and cleaning the ship. If you would like to spend time afloat onboard the Lord Nelson, Contact, Stephen Thoms at the Southwark Disablement Association, Room 48, Aylesbury Day Centre, Boyson Road, London, SE17 2BA. Telephone: 01-701 1391

associated workshops limited

SHOPFITTING & INTERIOR CONTRACTORS

17 Valentine Place, London SE1 8HQ. Tel: 01 261 0451

TRUE STORY - submitted by a SDA member

A CHRISTMAS MESSAGE (She thought I was a heroine)

Continued.....

Suprisingly I thought that the death of a child would bring husband and wife closer together, but in my case it never. A week after the death of my daughter, my husband turned to me and said that I should have been the one to die. This hurt me terribly and as I said to him 'Don't you think that if I could have given my life for my daughter I would have done, but it looked as if my times not up yet'.

Anyhow, things went from bad to worse after her death, and I remember I used to be allowed home weekends from the hospital and my husband started to abuse me and knock me about because I was like a zombie, I was under so much medication still. He never really understood that I could be that ill. In turn I was even glad to get back to hospital where there was peace and quiet for me. I was one of those type of mothers that thought at all cost stay with one another, because of the children, not realising that the children would get marked from all this, because we used to row and all this, you know, generally unhappy.

Anyhow, when my youngest was fifteen and my oldest son seventeen, I decided to divorce my husband after twenty-eight years of marriage. I cannot tell you how I felt about this. It pulled at my heartstrings, it was so hard, but it was something I had to do to save my sanity. So in 1977, I got my divorce, decree nisi, but I'd like to point out that I withdrew it three times, and the third time I stuck to my guns. It was so hard. I'd also like to point out that I do blame my husband's illness for a lot of it, he was so ill with rheumatoid arthritis, he was going in and out for operations on his knees and hands, I think personally he was made a guinea pig of.

After my divorce I met another man. I was vulnerable and thought he was the man for me. Like we all do. He had money, this man, and he bought an off licence in London and the two of us went into business together. Unknown to me he was a secret drinker. I'd had experience of shop work but he had been working on the building. So for the first few months I more or less ran the business. Unfortunately, after three and a half years with this man I had to leave him because he used to get drunk in the shop and batter me. How I'm not dead I'll never know. He was a very strong man. I took about six batterings from him before I left. Let's say I tried hard, but the final straw came on my 50th birthday. I'll never forget it, a woman doctor said 'I don't think much of men like this' Somehow this decided me. At the time of the last battering I'd taken an overdose of mogadon because I felt I didn't want to live anymore.

I finally left him and went to stay with my daughter and son-in-law in London. The tragedy of it all was that my (youngest) daughter and her boyfriend lived with me and it wasn't only me who was out in the street, but them too. They were homeless. They slept rough for a couple of months and when my youngest daughter found out she was expecting a child she went back to Slough to her father's house to live with her boyfriend. At this time I was in a refuge myself but I felt terribly guilt ridden about all this. My husband got bitter about all this because he thought I could have them in the refuge and when my daughter had a month to go she came up to me one day in tears and told me that he'd told the two of them they had got to get out. I went down to Slough on being told this and had a big row with him. I said to him 'What sort of a

father are you that you can do this to your youngest daughter a month before she has her child?' After some persuasion and arguing he consented to let them stay with him. On the birth of the child they got their own little place and this was one big worry over for me.

In the meantime I was trying to adapt to living in the refuge. I did not find it easy because there were a lot of battered wives with their children and it used to break my heart seeing those poor children having to live in a refuge. I used to have a little record player because I am basically a very musical person and once upon a time I would have liked to be a singer. I used to take the record player into the communal kitchen and play my records. We used to have a get together, a sing song and it used to cheer us all up. We didn't have any money or clothing. That is the way I used to be. I was looked upon as a good samaritan. We used to have a song and a dance. In those days I didn't have my arthritis..

It taught me something. We were all one — black women and Indian women — made me realise that black women and Indian women have been made into underdogs. I tried to lift everyone's spirits. We had a feeling of togetherness — it didn't matter what creed or colour you were — you were all in the same boat, you'd been battered.

to be continued.....

★ ★ ★ ★ ★

YOUR ANNUAL MEMBERSHIP IS DUE JANUARY 1988

SDA MEMBERSHIP FORM

Name . . . . . .

Address . . . . . .

. . . . . .

Telephone number . . . . . .

Have you a disability.....YES/NO

Please tick which age group you are

under 25	25-40	40-60	over 60

Do you attend the Aylesbury Day Centre.....YES/NO

What is your ethnic origin? . . . . . .

I enclose £1.00 (for individual member).....

I enclose £5.00 (group membership) to include 5 copies.....

Further copies available if collected from the office.
(State number required if extra copies are wanted).....

Signed . . . . . .

DISABILITY NOW

This is a free newspaper for people with disabilities and for professionals working in the field. It covers information, features, news and views. If you are not getting a copy write to Gayle Mooney, Circulation Supervisor, Room 2B, Disability Now, Freepost, 12, Park Crescent, London, W1E 3FB; giving your name, occupation, disability if applicable and address.

★ ★ ★

OVER SIXTIES OVERSEAS

In May, 1985, 12 Southwark Pensioners and two assistants set off in a minibus to visit France, Germany & Holland. Their aim was to study the condition of retired people and the facilities provided for them.

This is their unique report — clearly written with quotes, tables and photographs. In 122 pages it covers: population, retirement government policy, pensions, benefits, housing, community care (family & social Services), health & pensioners organisations. It concludes with statistics comparing conditions in the four countries (including the UK) and a summary.

It is refreshing and thought-provoking reading for anyone concerned with the 'pensioners movement' and the welfare of retired people, as well as those interested in the application and co-ordination of social policy.

'Over Sixties Overseas' (Pensioners Study Trip 1985) (122p) is available from Walworth Pensioners Project, 186, Crampton St., SE17 3AE. Price: £1 (+ 50p p&p)

DISABLED DOLLS

The ballerina doll wears a hearing aid and the ski instructor has only one leg. The tennis player is wheelchair bound and the jogger is blind.

Designed to promote an understanding of disability for children. Hal's Pals dolls, like some people, have disabilities.

For disabled children, Hal's Pals can aid treatment by providing them with a doll they can identify with.

Hal and his four pals are 'important psychological tools in the growing campaign against exclusion, discrimination and prejudice against the disabled', says their creator Susan Anderson.

The dolls are priced between £37.50 & £47.50 each. A percentage of all sales will be donated to children's charities in the UK.

Details from A.P. Durbin, Nottingham Rehab Ltd., Ludlow Hill Road, W. Bridgford, Nottingham NG2 6HD. Tel: 0602 234251.

★ ★ ★

NATIONAL HANDICAPPED SKIERS ASSOCIATION

Skiing is possible for people with all sorts of disabilities, both in this country - on dry slopes - and abroad for holidays.

The National Handicapped Skiers Association's major aims are to train qualified instructors to teach disabled people to ski and to develop equipment to enable people to enjoy the sport. Instructors from all over Britain have taken part in the Association's courses.

For further information please contact: NHSA, Harlow Sli School, Hammerskjold Road, Harlow, Essex CM20 2JF. Tel: (0279) 21792

EMPHYSEMA CORRESPONDENCE CLUB

Emphysema is a chest disease which causes great suffering and distress and detracts from the quality of many lives and as yet there appear to be no self-help support group for it.

The Chest, Heart and Stroke Association has found that some Emphysema people would like to get in touch with fellow 'puffers' to whom they could write, in the hope of starting an exchange of ideas and views, and so help each other.

If you are one of these people, the Association will publish your plea for correspondents in their newspaper. Your name and address will not be revealed, you will be given a box number, and any replies to it will be forwarded to you. The service is free of charge.

Anyone interested should write, giving brief personal details, including interests, to:- To Editor, (Ref.ECC) CHSA News, Tavistock House North, Tavistock Square, London WC1H 9JE.

★ ★ ★

INVALID CARE ALLOWANCE FOR MARRIED WOMEN

The closing date for married women claiming Invalid Care Allowance fully back-dated to 22nd December, 1984 was 31st August.

75,000 married women have been awarded Invalid Care Allowance since entitlement was extended to them in 1986. Entitlement was back-dated to 22nd December 1984. Claims for this full back-dating were initially accepted until 31st December 1986, but later the closing date was extended.

Since 31st August the normal back-dating rules have applied. Normally claims can be back-dated for three months. However, where claimants can show a good reason for delay, payment can be back-dated for a year.

INCONTINENCE SERVICE

A new free telephone service has been started by the Healthcare company Coloplast for people suffering from incontinence. It is run by a nurse advisor with trained helpers. The service can offer reassurance and counselling and can direct people to a locally based specially trained continence advisor or their G.P. should be able to help anyone with this problem.

Contact: The Coloplast Service, Bridge House, Orchard Lane, Huntingdon, Cambridgshire PE18 6QT or dial 100 for the operator and ask for Freefone Coloplast Service.

★ ★ ★

GETTING AROUND

A monthly magazine for the disabled and their families, hit the newstands in September.

Interviews with the less-mobile showing how they have overcome their disabilities are featured.

Articles on beauty, travel, cooking and hobbies are also included; along with consumer information on appliances, wheelchairs and car conversions.

Getting Around, £1 from leading newsagents. Tel: 01-660 3333.

★ ★ ★

FREE NEEDLES FOR DIABETICS

Tony Newton, Minister for Health, has confirmed that the 200,000 people with diabetes who require regular insulin injections can obtain free disposable syringes and needles.

The scheme, announced in March, is likely to cost about £10 million a year. Diabetics will also be able to obtain free, a needle clipping device which retains the used needles in a container and can be disposed of as normal household waste when full.

Walsh

(Glazing Contractors)

Ltd.

SPECIALISTS IN ALL TYPES of GLASS

26-30 LORDSHIP LANE, EAST DULWICH
LONDON SE22 8HJ

Telephone: 01-693 8254 and 0283

THE

DOCUMENT PROCESSING SERVICE

LIMITED

High quality desktop publishing

Typesetting • Graphs and diagrams • Design and print management

Presentation and displays

Photography • Technical and sales graphics

164-180 UNION STREET, LONDON SE1 OLH,
TELEPHONE 01-928 2535, FAX 01-928 9447

SOUTHWARK METALS LTD.

BUYERS OF ALL
NON-FERROUS & FERROUS
METALS
also GOLD and SILVER

20/24 KINGS BENCH STREET
BLACKFRIARS, SE1
Tel: 01-928 8520/3168

Knight Office Supplies Ltd.

Office Stationery, Equipment, Printing

27 - 29 Union Street, London SE1.
Telephone : 01-403 2087/4868.

QUADRANT
DESIGN
ASSOCIATES

84 LONG LANE
LONDON SE1 4AU
TEL: 01-407 0261

CORPORATE IDENTITES

BROCHURE DESIGN

PACKAGING

PROMOTIONAL LEAFLETS

LENSDENS SHIPPING
LTD.

Freight Forwarders

74 BOROUGH HIGH STREET
LONDON, SE1 1XA
Telephone: 01-403 1933
Telex: 896959

London Town Despatch Limited
407 8980

BIKES • VANS • TRANSITS • LUTONS
• NATIONAL OVERNIGHT SERVICE •

Winkworth

W&C 1835

Estate Agents, Surveyors, Valuers, Management

94 Lordship Lane, London SE22 8HF
01-299 1722

LONDON'S LARGEST RESIDENTIAL ESTATE AGENT

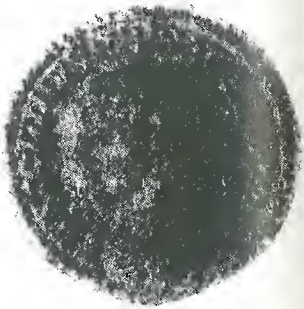
tradebikes
LIMITED

COURIER DISPATCH

142 DRUID STREET,
LONDON SE1 2HH

Telephone: 01-237 1773

SENATOR
GRAPHICS LIMITED



FOR ALL YOUR
TYPESETTING NEEDS

HARLING HOUSE, 47-51 GREAT SUFFOLK STREET
LONDON, SE1

Telephone: 01-928 0413

LONDON BOROUGH
OF SOUTHWARK
SOUTHWARK
COLLECTION

ALDWYCH PRODUCTION SERVICES LTD

8-11 EWER ST., LONDON SE1 0NR

TEL: 01-633 0902 / 01-633 0942

London Bridge Coachworks LTD.

ACCIDENT REPAIR CENTRE

LOW BAKE SPRAY BOOTH ★ REPAIRS
COLOUR MATCHING ★ RESTORATION
BODY JIGING ★ RESPRAYS

INSURANCE COMPANY APPROVED REPAIRERS ★ ESTIMATES FREE COLLECTION & DELIVERY

01-403 0335

217 LONG LANE, LONDON SE1 4PR

Contract Cleaning & Maintenance Association

Contract Cleaning & Maintenance Association
Suite 73/74, The Hop Exchange, 24 Southwark Street,
London SE1 1TY
Telephone: 01-403 2747

Prontaprint!
PRINTING & PHOTOCOPYING

103 Borough High Street, London SE1 1NN

BEST WISHES TO SOUTHWARK DISABLEMENT ASSOCIATION

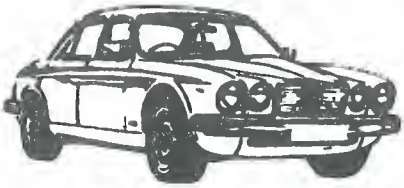
Tel: 01-378 6754 : Fax: 01-403 3227

OFFICE EQUIPMENT & SUPPLIES
Prontaprint!

ASCOTT & HOBSON (GARAGE) LTD.

CRASH REPAIRS & COACHWORK SPECIALISTS

All forms of Accident Insurance work undertaken
ESTIMATES GLADLY GIVEN



Computerised Paint Mixing Systems
Burntwood Low Base Spray Bay
Body Jig & Measuring Scheme

126-128 Druid Street, Bermondsey, London SE1 2HH (Enter by Abbey Street)
Telephone: 01-237 9572

FRUIT IMPORTERS IN SOUTHWARK SINCE 1920

J.O. SIMS LTD

Winchester Square, Borough Market, London SE1 9AQ

Telephone: 01-407 0756 **Telex: 885386**

RAW COMPUTER SYSTEMS LTD.

RAW TRADING CO. LTD.
3 South Thames Studios
5-11 Lavington Street, London SE1 0NZ
Telephone: 01-928 0962

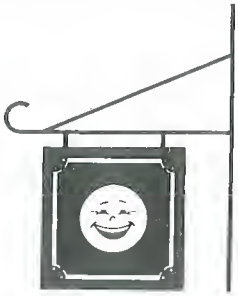
Archer

VAN, TRUCK, TIPPER & MINIBUS SELF-DRIVE HIRE LTD.

231 2377/8

64 DRUID STREET, LONDON, SE1

UNLIMITED MILEAGE
FREE MEMBERSHIP of AA & BRS Rescue



SMILE EMPLOYMENT AGENCY
20 Borough High Street, London SE1 9QJ
Telephone: 01-403 4191. Telex 893614 SANLON

Your friendly local Agency—
come up and see us some time

Ace Translations Limited

20 Borough High Street, London SE1 9QJ
Tel: 01-403 5919 : Telex: 893614 SANLON

WE CAN HELP WITH ALL YOUR TRANSLATION PROBLEMS

despatch co. ltd

TANNER PLACE
TANNER STREET
LONDON SE1 3LL

01 403 1515

IMEDIAPRINT

UNIT 4, BEAR LANE
GT. SUFFOLK ST., LONDON SE1

Producers of Publications
Reports, Manuals, Leaflets
and Stationery

PHONE **PAUL HARMER**
01-928 5074 or 01-620 0296

Text

Filmsetters to
Studios
Agencies
Printers &
Publishers (Book & Magazine)

Over 1,600 typefaces available on the Linotron 202

For complete list and catalogue contact Mel Hobbs at
Text Filmsetters Ltd, Unit 310, 164-180 Union Street, London SE1 0LH
Telephone 01-928 9091 – Fax 01-928 9447

LITHOGRAPHIC PLATEMAKING
COLOUR PLANNING
TYPESETTING
ARTWORK

For a complete service to the trade

TUDOR SERVICES (Litho) LIMITED

1-2 DOYCE STREET, LONDON SE1 0EU
TELEPHONE 01-633 9652 FACSIMILE 01-633 0268

SDA SOUTHWARK DISABLEMENT ASSOCIATION

NEWSLETTER No. 46

SPRING EDITION 1988

ROOM 48
AYLESBURY DAY CENTRE
BOYSON ROAD
LONDON, SE17 2BA

Telephone: 01-701 1391

We are open for advice and information on:—

Mondays: 1.30pm to 3.30pm

Wednesdays: 10.30am to 12.30pm

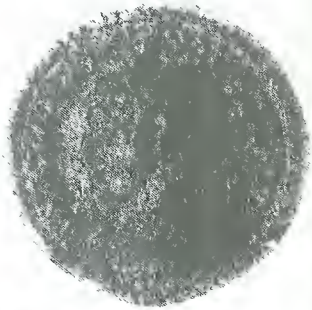
Fridays: 1.30pm to 3.30pm

HILTON SOUND

NICE PEOPLE TO KNOW
IF YOU HAVE A
RECORDING STUDIO!

10 STEEDMAN ST.,
LONDON SE17 3AF
Tel: 01-708 0483
(24 hour service)

SENATOR
GRAPHICS LIMITED



FOR ALL YOUR
TYPESETTING NEEDS

HARLING HOUSE, 47-51 GREAT SUFFOLK STREET
LONDON, SE1

Telephone: 01-928 0413

E. Coules & Son
LIMITED

Specialists in
ARCHITECTURAL METALWORK

46 Loman Street, Gt. Suffolk Street, London, SE1 0EH
Telephone: 01-928 1407 *Established 1809*

THINK FIRST ABOUT PAPER DART DESIGN

What message do you want it to carry?
Where do you want it to land?

If you have an important message and you want to hit the right target, Optimus' above and below the line service will identify and hit the target.
Contact Marcus Rich Optimus Ltd

77 Weston Street London SE1 3RS
Tel 01-407 2499 Fax 01-407 3540.

OPTIMUS
The Communication Works

S.I. LUCAS

SPRAY & PAINTING CONTRACTORS LTD.

BEST WISHES TO ALL CONCERNED WITH S.D.A.

Unit A11, Trinity Business Centre
305/309 Rotherhithe St. London SE16 1EY
Telephone: 01-232 2452

Prontaprint!
PRINTING & PHOTOCOPYING

103 Borough High Street, London SE1 1NN

BEST WISHES TO SOUTHWARK DISABLEMENT ASSOCIATION

Tel: 01-378 6754 : Fax: 01-403 3227

Prontaprint!
OFFICE EQUIPMENT & SUPPLIES

Contract Cleaning & Maintenance Association

Contract Cleaning & Maintenance Association
Suite 73/74, The Hop Exchange, 24 Southwark Street,
London SE1 1TY
Telephone: 01-403 2747

S. Straker & Sons Ltd

Printers and Stationers

Complete range of Printing and Stationery

HARLING HOUSE, 47-51 GT. SUFFOLK STREET, LONDON SE1
Telephone: 01-928 8789

Denise's FLORIST

Flowers for all occasions.
Weddings, Funerals and Contract work.

Deliveries anywhere in London and the World

168 Great Suffolk Street,
Borough, Southwark,
London SE1.

Telephone:
01-403 0067

HEMS DESIGNS LTD

INTERIORS and SOFT FURNISHING SPECIALISTS

Unit A1, Trinity Business Centre, Rotherhithe Street, London SE16
Telephone: 01-653 0966

SOUTHWARK DISABLEMENT ASSOCIATION

Chairman_____Michael Pearson
Director_____Mary Marshall
Administrative Secretary_____Cheryl Lewis
(Part Time)
Advice & Resource Worker_____John Rahman
Leisure & Access Worker_____Stephen Thoms

NEWS FROM THE SDA

Thank you to all those people who have renewed their membership and sent in their £1 or £5 subscriptions. If you haven't done this - please do so as soon as you can.

The last 3 months have been very busy with clients contacting us about their benefits in preparation for the new system in April. It seems a large number of people will be worse off after April.

Unfortunately, we were only able to recruit one of the two part-time Administrative Secretaries before the recruitment freeze imposed by the Council hit us. Cheryl works mornings. Also, Marilyn decided to stay in New Zealand, so sent in her resignation. We have not been able to recruit for her post either, so John has been virtually on his own since Christman. Mimi has helped us out twice a week during March as a Locum.

Chris Hawkins, one of our volunteers has been helping Noran and Josie in the office - answering telephones and generally helping out. We are especially grateful to them while we are so short of paid staff. We have been involved in giving talks to various groups in the borough about our own work and the Disabled Persons Act and the new Social Security regulations.

We had to change the date of the Disabled Persons Act Conference from 19th March to 23rd March because of our staff shortages, but we do hope that many of you would have come on the day, and found out more about the implications of the Act for disabled people and their careers in Southwark.

We were delighted with the response to our invitation to the Inaugural Meeting of the Southwark branch of Arthritis Care on 7th March. We will be holding the Social Group on the first Thursday of every Month, in the Centre and everyone who has arthritis is welcome, and also helpers, particularly drivers to bring the people here. These will be held from 2.00 pm to 4.00pm.

We have had students working on short term placements from Warwick Park School and Southwark College - we have enjoyed having them.

We watch with interest the progress of the Disabilities Sub Committee set up by the Council. We are still not sure how their work and our work can best 'tie in' with each other. News from other groups we are involved with come further on in the newsletter.

Hope you have had a nice Easter, and don't forget to contact us if we can be of assistance to you and if you have any news of interest to other people with disabilities, please let us have it for the next newsletter.

Mary Marshall

SDA VOLUNTEERS

Marilyn will be much missed by our volunteers for all the excellent work she did in the building up of our band of volunteers and supporting all those who are helping us in this way. We are pleased to welcome Chris Hawkins, Olive Brewer and Max Bouainovo who have joined us recently. If you know anyone with a little time to spare, do urge them to contact us. Volunteers can give as little or as much time as they want. We are glad to have them, and the more we have on our list, the more chance we have of fulfilling the 'one-off' requests for help we so frequently get.

Mary Marshall

SPORTS NEWS

SOUTHWARK PHOENIX continues its programme of activities at Camberwell Baths - Table Tennis, Snooker, Darts and Badminton are amongst them. If you are interested in joining, contact Mary Marshall. Club meets 2nd and 4th Tuesday of every month from 7.00pm to 9.15pm.

BOWLS continues to be very popular and takes place on Tuesday at Peckham Leisure Centre from 7.30pm to 9.30pm.
VACANCIES ON TRANSPORT-so contact Stephen Thoms if you are interested.

SWIMMING.

Rotherhithe pool opened for business in February 1988 after a long time due to repairs that needed to be done to various parts of the building.

If we get our transport given to us, we hope that swimming can start very soon. Those of you who would like to come swimming, the details are:—
Picking up will be from 6.30, Swimming from 8.00-9.00pm on Thursdays

We shall be sharing the pool with a Sub-Aqua club and so we shall be able to use half the pool. If anyone knows of people who would like to help at the club, please let me know at the office.

SPIKE

Earlier this year, the Spike Clients Committee formally became the Spike Community Association and are now responsible for the future development of the Spike Centre.

An application was sent to the Minister at the Department of Environment for money to refurbish the building. But at the moment there has been no reply. Architects have been appointed and demolition of part of the site has been completed. The main task of the SCA Committee at the moment is to negotiate a lease with the Council and to oversee the building work. Once building starts, it is hoped that it will be completed in 18 months to 2 years

STEPHEN THOMS

DISABLED PERSONS ACT.

The Working Party has been working very hard in the continuing the struggle for full implementation of the Act. Representatives from this working party participate in the working party on the Act within the Social Services Department. Progress has been made by this group and a pilot advocacy scheme is hoped to be started in April.

Unfortunately, there is still a general lack of knowledge of the act and its implications for people with disabilities. In order to try and inform people with disabilities of the act, and what it means, Southwark Disablement Association organised a one day conference on Saturday 23 April 1988 to explain the act as simple as possible. This conference was not only an information forum, but we hope that at the end of the day clear directives were given to the working party as to how they should continue in the campaign for full implementation.

This act will affect, not only people with disabilitites, but also their carer's families.

For further information on the Act or the conference, please contact the Southwark Disablement Association at Room 48, Aylesbury Day Centre, Boyson Road, London SE17. Telephone 01-701 1391

LUCILLE LYDEN

B.S.A.D.

The inter-borough Championships will take place at Ladywell Centre on May 21st. Anyone interested in taking part, please let me know, the events taking place are: Riffle and Pistol Shooting, Darts, Table Tennis and Field Athletics (shot, discus, javalin) Now is your chance to become stars! We need you! The darts team are hoping to retain the Borough Championship they won last year.

SHOOTING

Southwark members are still going alternate Monday evenings to Ladywell Centre. Jim Sutherland - a member writes:-

> 'I enjoy Pistol and Rifle Shooting, I go to the Ladywell Centre where BSAD South East are to hold the Inter-borough Championships in April or May of this year and the Open Club Championships in September. My ambition is to compete in the BSAD Greater London Regional Air Weapons Championships.'

JIM SUTHERLAND

LORD NELSON

The nominations for the chance of a trip on the sailing ship 'Lord Nelson' have now gone to the Mayors office for the committee of the Mayors Common Good Trust to decide. A total of ten people put their names forward for the trip and as we go to press there has been no decision.

The 'Lord Nelson' paid another visit to London on 14th March for 3 days, and we took another party of disabled people on board her to look around. Everyone enjoyed the visit very much. There will be more news about the 'Lord Nelson' in future editions. Keep watching this space!

HOLIDAYS

The time for holidays is fast approaching and hopefully it will be a lot better than last year. Remember, if you would like some advice on where to go or what to do and how to do it, give us a ring or call in at the office. We still have a few of our Holiday Leaflets left, but not too many, so if you would like one let us know and we'll send you one.

We also have information on places to go for a day trip within easy reach of London.

ACCESS COMMITTEE

As you know, the Access Committee has now been meeting regularly for the last few months and have been discussing problems relating to Access in the Borough. The idea is for the Access Committee to be a voice for the disabled in Southwark with regards the problems of access. The Access Committee will be able to advise, inform and assist the Council in the planning and design of future buildings, shops, highways etc. We are already getting involved in a new development that is being built on the Old Kent Road, which is going to be a large supermarket.

We very much welcome your suggestions and support, in fact we have already had one or two suggestions from people and if you feel that we can be of any help to you. do let us know. The Committee is only a small one, but we hope we have covered all disability groups in it, though we would still like a few more people to join. If you are interested please let us know.

BENEFITS — SPRING 1988

By the time this newsletter gets to you, the 1986 Social Security Act will be in force. It means, that Supplementary Benefit and Additional Requirements have now ceased to exist. Also the one-off payments called Single Payments have gone.

A reminder of the new system:-

Income Support -	Weekly benefit to cover normal cost for food, clothing etc.
Disability Premium - (replaces Additional Requirements)	Weekly benefit paid to people who are single claimants or lone parents aged less than 60.
	A. Getting Attendance Allowance or Mobility Allowance or Severe Disability Allowance.
	B. Get Invalid Car Allowance or payments for one.
	C. Is registered blind.
£13.05pw	D. Has been incapable of work for 28 weeks.
Claimants (Couples)	
£18.60	a) Either claimant or partner are under 60 and one or both of the above conditions listed above.

Pensioner Premium	
£10.65pw -	Single claimant or lone parent aged 60 but under 80.
£16.25pw	Couple - one of whom is over 60, but under 80.
Higher Pensioner Premium -	Single claimant or lone parent aged between 60 and 79 (i) fits conditions outlined in (a) or (c) of Disability Premium. (ii) Was entitled to Income Support and the Disability Premium was applicable within 8 weeks of his/her 60th birthday (providing no break of benefit for 8 weeks)
£13.05pw	
Couples	One of whom is aged 80 or over or one of whom is aged between 60 and 79 and fits the conditions outlined in (a) and (c) of Disability Premium **or** Once Higher Pension Premium is applicable to the claimant, if she/he ceased for a period of 8 weeks or less to be entitled to Income Support. She/he will still be entitled to the premium once she/he becomes entitled.
£18.60pw	
Severe Disability - Premium -	Single person or lone parent in receipt of Attendance Allowance and has no non-dependants aged 18 or over living with them and one one is receiving Invalid Care Allowance in respect of them.
£24.75pw	
£24.75pw or **£49.50** or both	If the claimant has a partner and both the claimant and partner should be in receipt of Attendance Allowance and have no non-dependants aged 18 or over living with them and Invalid Care Allowance is not payable in respect of at least one of them.

There are other premiums for children, as well as a disabled child premium. If you need further information do contact us.

Those of you who are in receipt of benefit, should have been sent details of your weekly income from the DHSS, explaining that your benefit is 'changing'.

Water Rates & General Rates

You may have noticed that as from 4th April 1988 that your income goes up by £1.30pw. This is a 'notional addition' to 'help' cover the 20% General Rates that you are now expected to pay.

You may have also noticed, as was mentioned in our last Newsletter, that you get a transitional addition. This addition, ensures that you do not lose out in real terms when the changes come into force.

The overall system is by far simpler in its approach, yet far more devastating in terms of 'extras' people were able to previously claim for.

Publicity has been widespread, however, I am sure many of you will still be confused by this Social Security Act. During the last few weeks, whilst 'conversions' have been taking place at local DHSS offices, many of you may have experienced difficulties in obtaining your weekly giros or order books. Telephoning the DHSS has been extremely difficult recently, so I have complete sympathy, we ourselves have also experienced the same problems.

Those of you that have made fresh claims for Supplementary Benefit and Additional Requirements and Supplementary Pension before 11th April, will still be processed under the 'old' rules.

A final reminder, of the Social Fund. Although the Social Fund is meant to help pay for those unexpected and expensive items, however you are required to pay the money back! The only pointer in its favour is that its better to get an interest free loan from the DHSS than to go to a loan shark! I don't need to tell you what sort of interest rates they charge!

Budget Loan - to help with removals, large items at home.

Crisis Loan - replaces Urgent Needs payments.

Community Care Grant - moving into independant living, to avoid someone
(Not Repayable) moving into residential homes etc.

For those of you that work and are on low pay and have children, you may know of FIS (Family Income Supplement). That is also changing, to Family Credit. (Further details by writing or telephoning us).

Wishing you well in the next few months, try to be patient with the Statutory Services, they have severe staff shortages, AND SO DO WE!!!

John Rahman

NEWS FROM OTHER ORGANISATIONS

Southwark Crossroads

New address:- St. Paul's Parish Office, Lorrimore Square, SE17 3QU.
Telephone: 793 0966.

Southwark Voluntary Car Drivers Pool

We want to fill a gap between Ambulance Service and overworked Dial-A-Ride and other Minibus services. Many a reader will remember the whistful feeling when looking at passing ambulances with 2 or 3 passengers in each, while you are left plodding along because you are not considered eligible. This is the group we want to provide with transportation. We want to attract car owners with a little time on their hands to help get elderly persons around, persons with ailments that make it cumbersome, or next to impossible to get on or off buses, stand in queues etc.

Sadly the response to our appeal for voluntary drivers is not as great as we had hoped. If we had more voluntary drivers willing to give just one hour once a week, we could do more for our elderly and handicapped neighbours. Whether you are interested in helping to drive or whether you need a ride - get on the phone and call us on 635 9672.

Renata Witzig — Voluntary Co-ordinator

Arthritis Care - Southwark Branch

You will be delighted to know that there is now an Arthritis Care branch in Southwark. We had our Inaugural Meeting on 7th March and it was very encouraging to see so many attend. We have a Committee who meet once a month and a Social Group which meets the 1st Thursday of every month.

We would like to take this opportunity to thank the Southwark Disablement Association for all their hard work in starting Arthritis Care in Southwark.

If you have arthritis and are interested in coming please phone 701-1391. We want to see many new members!

Noran Foley - Hon. Secretary

Southwark Taxi Card Holders Association

As you know, your Taxi Card would had to have been renewed by the end of March. We were delighted that the Southwark Borough agreed to fund the Taxi Scheme at least for another two years.

If you are applying for a Taxi Card for the first time, you still need two photographs. If you have any problems or queries please get in touch with us. You can now travel for £1 with up to £7.60 on the meter.

Josie & Noran — 701 1391

TALKING BOOKS FOR THE HANDICAPPED

Talking Books have sent us the following article:-

'You may not have heard that there is a complimentary service to Talking Books for the Blind, called TALKING BOOKS FOR THE HANDICAPPED.
We are a National Charity whose service, since its conception 12 years ago has provided a 'lifeline' to several thousand people who have all been frustrated from reading in the normal way.

These include those suffering from physical or mental handicap, the elderly, dyslexic and dialysis patients and victims of accident or war.

Talking books are unfailing friends to many of its members. They contribute to the alleviation of suffering and provide relief from loneliness, boredom and frustration.

The Charity is particularly keen to spread the word about Talking Books. The service loans especially designed, and easy to use players and cassettes with up to 12½ hours playing time on each side. There are 2,000 book titles, catering for all tastes, also for students and children.

There is an annual subscription of £15, which is generally paid for by the Social Services. For this we supply, on free loan, a 'Talking Book' reproducer (with built-in load speaker) a regular supply of cassettes (postage paid both ways), the only additional charge is for headphones if required.

There are thousands more people who would use the service, but who know nothing of the benefit it might be to them. Our present target therefore is to increase membership to 10,000 people.

Please help us to find new members, so we can continue to provide this vital lifeline to the disabled and elderly and improve the quality of many people's lives.

Contact The National Listening Library, 12 Lant Street, London SE1 1QH. Telephone 01-407 9417 for further information and membership application form.

THE ASSOCIATION OF CARERS

The Association of Carers (which will be the Carer's National Association after 14th May when it merges with the National Council for Carers and their Elderly Dependents) was set up by a carer seven years ago to bring the needs of carers to the attention of those who make policies in health and social service departments. It aims to encourage carers to recognise that their own needs are as important as those of the people they are caring for and has promoted the setting up of carer's for and has promoted the setting up carers' support groups and provides information on services and benefits. Great progress has been made in getting recognition from the rest of the community for carers and the work they do.

In order to give a better service at a local level the Association, which is based in Chatham, Kent, would like to have a network of local workers all over the country. So far, there are only a handful and I was appointed as the Southwark Development Officer in January this year. I am ex-carer, so have the experience of some of the frustration, anger, weariness and rewards first hand. During my first two months on the job I have been finding my feet and my way around the confusion of departments and organisations and am now settled in.

I am in the process of producing the next edition of Carers' News and a booklet on respite care, if anyone would like information on any aspect of caring or would like to be on the mailing list, please phone me at any time. I have an answering machine, so you can leave a message if I am not in my office.

Anne Smith, Phone No. 01-708 4497
My address: 2 Davey Street, London SE15 6LF

GREATER LONDON PAGET'S DISEASE SOCIETY

Paget's disease is a very common disorder of bone, first described by Sir James Paget in detail about 100 years ago. It is a patchy disease of bone, in which the structure of affected bones become abnormal, producing characteristic X-Ray changes, and in some patients, thickening and deformity of one or more bones. This is a slowly progressive condition, which becomes increasingly common and apparent with advancing age. In only a small proportion of cases, it is associated with pain or disability, and often the diagnosis is made by chance, when the patient is X-rayed for investigation of other conditions. In these circumstances, no specific treatment may be needed. When associated with pain, deformity or other problems, treatment is advisable. There have been major advances in treatment over the past 20 years and most patients with symptomatic Paget's disease can now be helped substantially.

The Greater London Paget's Disease Society is being formed with the aim of bringing together sufferers and families of this painful and deformative disease of the bones.

It is the intention to cover the whole of the Greater London area and as soon as it is practicable a meeting will be held of all interested people at a venue, which by the very nature of the disability of the sufferers will be fully accessible.

George A Dangerfield, *Hon. Secretary, G.L.P.D.S., 11 Old Clem Square, Ritter Street, London SE18 4DR*

True story submitted by an SDA member
It's an account of her life over the past 17 years

A CHRISTMAS MESSAGE—SHE THOUGHT I WAS A HERROINE

Continued.....

After six months, I got a bedsit in Dulwich. But once again, I came up against problems, because the people there were snobs. Because I came from a refuge and they saw my furniture coming in, all second hand, they looked down on me. This I didn't see the fun of - because I considered that I was as good as them. I wondered if they had realised what I had to put up with before I lived there. I used to be in bad depressions and I used to go beserk in my own flat and used to get glassware and throw it over the balcony. Because of this I was called mad, the Mad Woman of Dulwich, a nutter . I remember one day when I was going beserk, the spinster next door came out "Oh dear, oh dear" she said (I was throwing my wooden chairs over the balcony) and she ran back in. The indifference and the lack of understanding was what made me worse. All I needed was a cup of tea and a bit of sympathy and kindness. But these people were too high and mighty for that. I had death notes put through my door. It was like a living hell.

In all the unhappiness, I remember I went to church there one day. I was ill at the time. A thing I never do - I'd washed my hair and put in rollers and I put a scarf over my head (I think God understands you don't dress up, go to church and show off your clothes) I thought the mass was at 8 oclock, but it was 8.30 I was too early. I went and knocked on the priests door. He was an old man of 70 - really bent over. I said to him "Father, what time is the mass?" and he said "You're too early" so I said "Oh dear, what will I do?" and he said "Come in dear". I think he could see I wasn't well. He took me into the church at 8 o'clock, put on the heating. lit the church up and.he said "Sit there dear, until 8.30". Now to me, after all the treatment of my neighbours, it was a surprise to me that there was a person in Dulwich who was humane. To me this man was a true man of the cloth. It's a pity there's not more people like him in the world.

While I was at Dulwich I had this G.P. who reminded me of a German S.S. I remember one Sunday I called him out because I was suicidal and he came to see me. He arrived with his wife and baby, but he was most annoyed. He gave me something to calm me, but it was his wife who was very nice towards me, not him. I had to climb the hill to get to his surgery, and had arthritis in my knees and and by the time I got there I was weary. The first thing he used to say to me was have you got work yet - this was always uppermost in his mind. At that time I had a green card (whick means you are disabled) and I was signing on at the Job Centre, and they weren't holding out much hope for me. I remember one day, I took my boyfriend with me because he wanted to talk to him about my condition, he refused point blank to allow him in, I can't allow him in, only you.

After this I went to him because I was coming over hot. I thought I had hot flushes due to my change of life, however he diagnosed high blood pressure. He then proceeded to give me some tablets in a box from his surgery. At that time I never attached any importance to this I just thought he was giving me them to save me getting a prescription. I remember that while I was on these, I was sent for two heart tests and I still never thought anything of that, just thought it was routine. It wasn't until I moved to Peckham and had to get another doctor that I realised I'd been made a guinea pig of. You see when I went to my new doctor I didn't have any of the tablets to show him, but I kept the box and all there was was numbers on the top of the box. He said, he couldn't prescribe me anything because he had nothing to go by, those numbers were no good to him. It was then my new doctor informed me these new drugs must have been on trial. I remember at the time I was horrified. To think I'd been taking two for so long, a few years, and they were still only in experimental stages. The new doctor prescribed me new blood pressure tables. He said don't worry about these, they are definitely safe. But he told me to report this, that it wasn't right. I went to the Camberwell (Community) Health Council and consulted this woman called Maggie Mansell. At first she seemed very interested in it all, she took a photostat of the box and the numbers. She didn't take his name and said for the time being she wouldn't disclose his name.

She got onto the Medical Council and to the drug company who had supplied the tablets. She was telling me its a fiddle between the doctor and the pharmacist and the drug company, to earn money on the side. She wrote to the doctor. You know what happened? The doctor wrote back to the Medical Council and denied it - he more or less called me a liar. He said, I'd signed a consent form which I hadn't. The Medical Council wrote back to me and said he was within his rights, because I'd signed a consent form. I was ill after all this, I was of the impression that it was because I was so depressed that this doctor had took full advantage of me. Which I don't think was right. I honestly feel that there should be more protection given to people who are suffering from depression. I suppose you can be used. I was informed by a friend of mine at S.D.A. that I could contact a solitor and have this doctor privately prosecuted, but what I'm worried about is the time factor. I suppose I could still make enquiries. I definitely feel as if this doctor had no right to get away with what he has done to me. It makes me feel as if us commoners have just got no chance with G.P.'s and doctors which to my mind isn't fair, but, now that I'm feeling better I may well try to take this complaint up again to see if I can do anything more about it.

I don't think these things should be let rest. I went through a lot of mental anquish. Since I've come to Peckham, my health has worsened and I do wonder whether it's because of those tablets that I was taking that my health has got worse. I don't know.

My new GP happens to be a black man and he has even stated to me that if it had been him that made the mistake, there would have been something done about it, but because it was a white doctor, he got away with it.

To be continued.....

SOPHIE THE PERSIAN CAT

(Short story submitted by a SDA member.....)

Sophie the beautiful Persian Cat lies on the lap of Mrs.LeBrook. With her eyes half closed, she watches Fido the dog with loathing. Although Fido and Sophie have lived in the same house as far back as Sophie could remember, she always felt superior fo Fido and looks down her nose at him.

Mrs LeBrook is doing some embroidering, a very intricate piece of work. Sophie loves this quiet interlude and the sound of the needles clicking against the thimble. It is even nicer after lunch, thinks Sophie, licking her beautiful pink lips, as she remembers the lovely bowl of cream she had for 'afters' and the graceful way she lapped it up to show Fido some table manners.

Lying there in contentment, Sophie dozes only to be rudely awakened by the sound of Fido's eating. 'That ill-mannered dog', thinks Sophie, who is now very annoyed. The way he eats with that irritating slurping sound, his bushy tail waving in the air while he eats. 'He makes me sick, he does!' Sophie continues in her train of thought, 'Such a show-off too! When our owner pats him and calls a 'good boy' the idiot licks her hand wetly and wags his bushy tail, whinning and yapping. He has no dignity, no breeding, and worst of all, no manners! dogs are not at all like Persian cats, with their good breeding and character, who walk with feline grace and dignity. I for one would not taught dead jumping and gambolling all over the place when I am excitied,'' Sophie continues thinking ''We Persians do not need to show-off, our feline beauty and bearing are enough. See our perfectly silky body, the graceful way we glide along purring softly. Look at the way I recline so gracefully. This manner in a cat would gladden the heart of any Royalty''.

Fido, having finished his dinner, is feeling very contented, so he lies on the floor banging his tail. ''Why does he have to do that?'' thinks Sophie, very upset again. ''How can anyone show contentment by banging their tail on the floor? Bang! Bang! goes that terrible bushy tail. Dogs!'' Sophie purrs angrily. ''If we cats have our way, out of town they would go! There will be no more slurping and splashing and banging of tails.

''Fido is so untidy, he has to be bathed and brushed''. With that thought Sophie twitched her little pink nose, twiddles her whiskers, as if evading the dust from Fido's fur. She even gives a dignified sneeze, so effective is her imagination.

The sneeze causes Fido to open one eye and he wags his tail from side to side a few times. Sophie never suffers fools like Fido gladly. ''Stupid, sloppy, greedy dog''! she fumes. ''One day I will lose my Persian temper and chase you out of this house!'';

''One joyful compensation'', Sophie's thoughts continue, is that Fido is not allowed on Mrs.LeBrook's bed her table or her window sill. Best of all, he is not allowed to repose in her lap and listen to the click, click, clicking of the needles, while she sews her embroidery''. Sophie gives a dignified yawn of satisfaction.....she sighs. These mental fights with Fido always leaves Sophie feeling very tired. She closes her beautiful blue eyes, rests her head on her small pink paws and falls asleep snoring softly on Mrs. LeBrook's lap.

POLICTICAL INEQUALITY OF DISABLED PEOPLE

—a report by the Spastics Society

The Spastics Society has published 'Disabled People and the 1987 General Election' - a report which reveals serious problems experienced by disabled people.

The study explores disabled people's views, problems and experiences as electors. The underlying concern was that disabled people, who form at least 9% of the electorate, should participate as equals in the democratic process. However, respondents told the Society about a range of problems and circumstances related to their disability which prevented them from participating as equals in the election.

People were asked about electorial registration, reasons why, even when registered, they did not actually vote, experience of voting, access to polling stations, postal and proxy votes, access to political information and views about politicians and political parties.

A cross-section of people with a wide range of disabilities were interviewed in five very different constituences (North West-Durham, Greenwich, Kingston-Upon-Thames, Salford East and South West Surrey). Interviews were conducted with a total of 70 people in six residential units, two adult training centres and two day centres as well as in peoples homes. The study aimed to find out the range, not the prevalence, of disabled people's experiences.

PLEASE NOTE:
SOUTHWARK DISABLEMENT ASSOCIATION cannot accept responsibility for services and equipment mentions in this Newsletter.

WANTED

An old fashioned push chair - for an old lady
Contact: Southwark Alarm Scheme on 01-703 0864-if you can help.

A hoover in good working condition - for disabled person
Contact: Southwark Disablement Association - if you can help.

FOR SALE

Pram £3.00
Single Bed £16.00
Wardrobe £20;00 (56'' high and 34'' wide)
Contact: Mrs. Shiret, 47 Henshaw Street, SE17

Electric Wheelchair

More details from Marlene Aldrich on 01-703 9314 (afternoons and evenings only)

MEMBERSHIP FORM

Name . . . . . .

Address . . . . . .

Telephone Number . . . . . .

INDIVIDUAL MEMBERS.

Have you a disability . . . . . Yes/No . . . . . .

Please tick which age group you are in:—

Under 25	25-40	40-60	over 60

Do you attend the Aylesbury Day Centre . . . . . Yes/No

WHAT IS YOUR ETHNIC ORIGIN.

GROUPS:

State Name of Group . . . . . .

Please state roughly how many members you have in each age group.
This applies to disabled members only

Under 25	25-40	40-60	Over 60
Total	Total	Total	Total

How many members of the group are disabled? . . . . . .

Please give name and address and telephone number of the person to receive the newsletters:

Name . . . . . .

Address; . . . . . .

Telephone Number . . . . . .

I enclose £1.00 (per individual member to include 1 copy)

I enclose £5.00 (group membership to include 5 copies. Further copies available if collected from office or postage paid — maximum 30)

Please delete as appropriate

Signed . . . . . Date . . . . . .

FREE PUBLICATIONS

IF YOUR ASSOCIATION OR CLUB WOULD BE INTERESTED IN HAVING **FREE** PROGRAMMES/DIARIES/TELEPHONE, ADDRESS & NOTEBOOKS/CALENDARS/WALLPLANNERS/CHARTS/ETC.

PLEASE CONTACT: **J. A. ALTER, CLARENDON HOUSE, 23 CARDIFF ROAD, LUTON, BEDS, LU1 1PP.**
Telephone: LUTON (0582) 429595/6/7

ARE YOU THE DRIVER YOU THINK YOU ARE?

Prove how well you can drive by taking the RoSPA Advanced Drivers Association Test.

Contact the RoAD Association, Cannon House, The Priory Queensway, Birmingham B4 6BS for details.

ALL GOOD WISHES from

HARPERS

WINE AND SPIRIT GAZETTE

Harling House
47-51 Great Suffolk Street
London, SE1 0BS

Telephone: 01-261 1604
Telex: 23369 ESANES-G

Sheet Fed Litho

UNIT 18
KENT PARK INDUSTRIAL ESTATE
RUBY STREET
LONDON SE15 1LL

Tel: 01-639 1242

LENSDENS SHIPPING LTD.

Freight Forwarders

74 BOROUGH HIGH STREET
LONDON, SE1 1XA
Telephone: 01-403 1933
Telex: 896959

London Town Despatch Limited

407 8980

BIKES • VANS • TRANSITS • LUTONS
• NATIONAL OVERNIGHT SERVICE •

Knight Office Supplies Ltd.

Office Stationery, Equipment, Printing

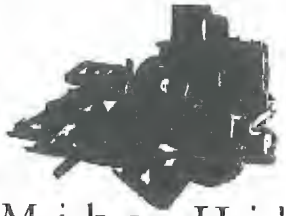
27 - 29 Union Street, London SE1.
Telephone : 01-403 2087/4868.

Arch Press (London) Limited
49/55 Great Guildford Street SE1 0ES
Tel 01-928 2600 Telefax 01-261 1822

TO BOOK YOUR LICENCED TAXI FITTED WITH A TAXIFONE RING

01 620 0424

ALL LEADING CREDIT CARDS ACCEPTED FOR TELEPHONE CALLS.



Mike Hill
Photography Ltd.
FOR YOUR PROFESSIONAL PHOTOGRAPHIC NEEDS
194 UNION STREET, LONDON SE1 0LH
Tel: 01-261 1395★Fax: 01-928 8599

THE SIGNAL PRESS LIMITED

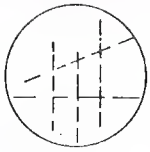
Fine quality Litho and Letterpress Print and Design

137 GREAT SUFFOLK STREET, LONDON SE1 1PP
TEL: 01-407 2276/7

∴POINTER

WRITERS AND DESIGNERS

POINTER COMMUNICATION LTD
UNIT 5 NEW CONCORDIA WHARF
MILL STREET LONDON SE1 2BA
TELEPHONE 01-231 8767
(ANSWERING SERVICE 01-237 5927)



ALDWYCH PRODUCTION SERVICES LTD

8-11 EWER ST., LONDON SE1 0NR

TEL: 01-633 0902 / 01-633 0942

m a s l i n

r e e s

f i t t o n

ADVERTISING

contact

LARRY REES

5-11 LAVINGTON STREET, LONDON, SE1 0NZ

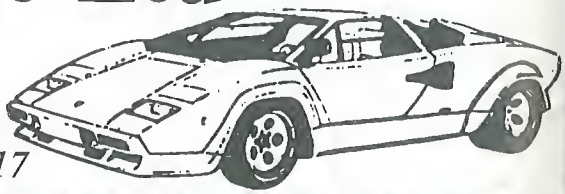
Telephone: 01-261 1946 and 01-928 0962

Fax: 01-633 0821 ★ Telex: 933 640 SOUTH

Dartwave Ltd

Unit 8
57 Sandgate Street
London, SE15 1LE

Telephone: 01-639 2217



REPAIRERS OF ALL TYPES OF VEHICLES, ACCIDENT REPAIRS UNDERTAKEN ★ 24 HOUR RECOVERY SERVICE

Tel: 01-403 1381 Daytime Tel: 01-585 2625 Evening

Bruce Elton

Woodworker & Loom Maker

3 Ply House, Ground Floor,
57a Lant Street, Borough, London S.E.1

DEVERELL, GIBSON & HOARE LTD.
(Founded 1888)
HARLING HOUSE,
47-51 GREAT SUFFOLK STREET,
LONDON SE1 0PA.

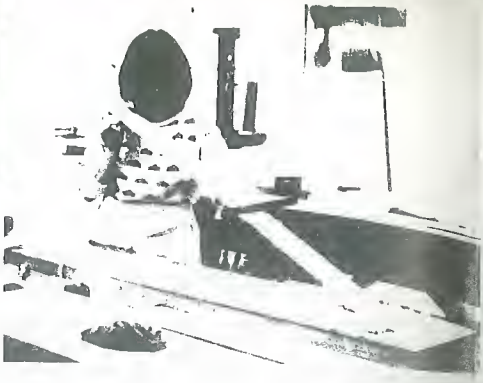
LITHOGRAPHIC PRINTERS

Telephone 01-928 4446

Bob and Brian wish Southwark Disablement Association all the Best

foto-call international

Studio G9, 164–180 Union Street London SE1 OLH
Tel: 01·261 1893



WOMEN: Ever thought of learning carpentry and joinery?

Probably nobody has ever suggested that you learn a trade, and lots of us have been put off by not knowing what to do with the children, or thinking we're too old for serious training.

* Now's your chance!

Southwark Council has set up a Women's Carpentry and Joinery Training Workshop to offer 6 months full time training to women *living* in Southwark.

We welcome applications from all women; however preference is given to Black women of African and Asian origin and other ethnic minority women, women with children whose access to employment and training is limited through lack of child-care, women with little or no formal education, women who have had dependents but are now free to be trained. Lesbians, women with disabilities. Wheelchair access is available, there is special provision for teaching deaf women. We try to meet needs wherever possible.

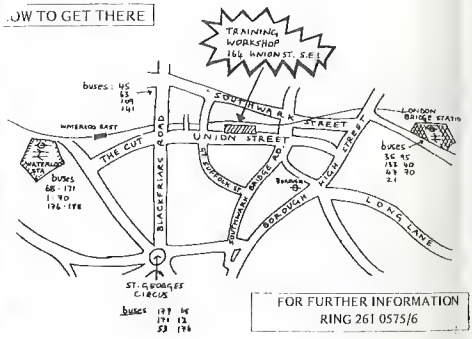
* About the course

The course is for women who are interested in working in the carpentry and joinery trade. It offers full-time training for 22 weeks and aims to take you to the level of 1st year City & Guilds in bench work and carpentry site work. We offer help with maths and there is a new

* Child Care

We realise that child care will be a problem for some women, so we have a child care coordinator who will help you with your individual needs – day care, after-school and holidays. Every effort will be made to ensure the safe and happy care of your children for the duration of the course.

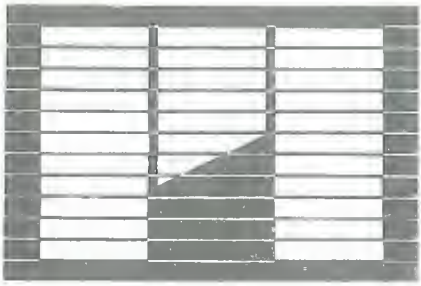
* THE COURSES ARE FREE, AND THERE ARE TRAINING AND CHILD-CARE ALLOWANCES.



146

We have open days twice a year.

Southwark Women's Training Workshop



POSITIVE IMAGE LTD

AUDIO-VISUAL
&
VIDEO PRODUCTION

83 WESTON STREET
LONDON, SE1

Tel: 01-407 0265

ASCOTT & HOBSON (GARAGE) LTD.

CRASH REPAIRS & COACHWORK SPECIALISTS

All forms of Accident Insurance work undertaken
ESTIMATES GLADLY GIVEN

Computerised Paint Mixing Systems
Burntwood Low Base Spray Bay
Body Jig & Measuring Scheme

126-128 Druid Street, Bermondsey,
London SE1 2HH (Enter by Abbey Street)
Telephone: 01-237 9572

WITH BEST WISHES FROM

PAULS

FANCY GOODS SPECIALIST

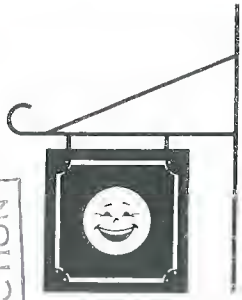
230 Walworth Road, London, SE17
Telephone: 01-701 5427

Text

Filmsetters to
Studios
Agencies
Printers &
Publishers (Book & Magazine)

Over 1,600 typefaces available on the Linotron 202

For complete list and catalogue contact Mel Hobbs at
Text Filmsetters Ltd, Unit 310, 164-180 Union Street, London SE1 0LH
Telephone 01-928 9091 – Fax 01-928 9447



SMILE
EMPLOYMENT
AGENCY

20 Borough High Street, London SE1 9QJ
Telephone: 01-403 4191. Telex 893614 SANLO

Your friendly local Agency—
come up and see us some time

Ace Translations Limited

20 Borough High Street, London SE1 9QJ
Tel: 01-403 5919 : Telex: 893614 SANLON

WE CAN HELP WITH ALL YOUR TRANSLATION PROBLEMS

LONDON BOROUGH OF SOUTHWARK
SOUTHWARK COLLECTION

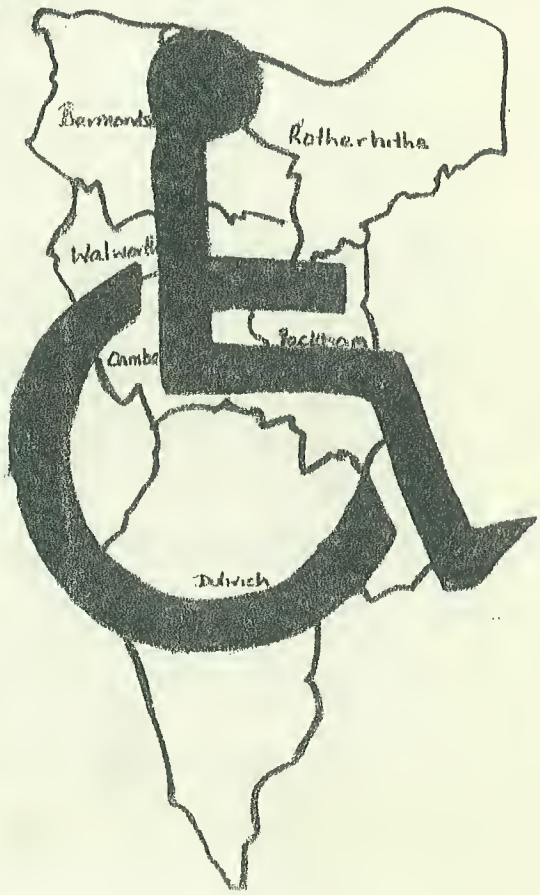
FL

SOUTHWARK DISABLEMENT ASSOCIATION

ENABLING INDEPENDENCE

Southwark Libraries
Principal Reference Library
155/157 Walworth Road
LONDON SE17 1RS
Tel: 01-708 0516 DIRECT LINE

NEWSLETTER ISSUE NO. 49



LONDON BOROUGH
OF SOUTHWARK
SOUTHWARK
COLLECTION

ROOM 48, AYLESBURY DAY CENTRE, BRADENHAM, BOYSON ROAD, S.E.17 2BA 701-1391

SOUTHWARK DISABLEMENT ASSOCIATION

STAFF

Director	-	Beverley Holland
Advice & Resource Worker F/T	-	John Rahman
Advice & Resource Worker P/T	-	Mimi Bergman
Leisure & Access Worker	-	Stephen Thoms
Project Development & Volunteers Co-ordinator P/T	-	Jackie Herring
Administrative Secretary AM	-	Cheryl Lewis
Administrative Secretary PM	-	Sandra Jeffrey

NEWS FROM S.D.A.

It has been some time since our last newsletter, but I hope you will agree it was worth waiting for. As you can see, it is rather different from the usual newsletter - bigger and no advertisements. After a lot of thought and discussion staff and Executive Committee members decided that we would like to produce a newsletter which would have few adverts but more articles and news which we hope will be of more interest to you.
We really would like to know what you think, so please let us know. This is your newsletter we would like to hear from you about what you have been doing,and what you would like in the newsletter. If you have a wheelchair or other equipment for sale we will advertise it free, so long as it is something which will be useful to someone with a disability.

Quite a lot has been happening at SDA over the last few months. We have managed to get the other half of our Administrative post unfrozen and now we are fully staffed. We would like to welcome Sandra Jeffrey as the new member of staff and hope she will be happy working at SDA.

We would also like to welcome Eileen Crombie, who is training to be a Social Worker and will be on placement at the SDA office until the end of May. During her time with us Eileen will be helping Stephen Thoms to set up a new social club for people with disabilities who are aged between 30 and 65 to which they can bring along a partner or friend. Eileen will also be carrying out a survey into the services supplied by SDA and how they can better meet your needs.
Look out for the questionnaire coming through your door.

We are also very excited about the possibilities of taking a group of people to watch the Paralympics in Barcelona in 1992. Yes, I know it seems a long way off, but these thing take a lot of planning and we need time to save up.

Staff have been busy running training courses in disability awareness for other organisations and social services and we now have a video which we can use as part of our training. If anyone would like to help us with these training sessions we would love to hear from you.

I have been having talks with David Godella from the Rehab Team and Pat Stafford, Manager of Aylesbury Day Centre about jointly setting up a display of aids for people to come and try and also running an equipments advice clinic at the Day Centre where you can come and get many of the smaller aids you require without having to wait for your social worker and an assessment. More news of this later

FOCUS has also been very busy setting up a series of Open Meetings (see article on this and dates for you diary).

Mike Pearson our Chair and Phyllis Sheere the Treasurer and myself had an interview with members of the Grants Committee who are looking at how effective voluntary organisations are in relation to their grant. Fingers crossed we hope it all went well.

But the cuts in social services are very worrying. We are particulary concerned to hear from people who are experiencing delays in either being referred to social workers or having assessments of their needs. If this is so in your case do please
let us know and we will take it up on your behalf.

Let us know your view of the new look newsletter.

BEVERLEY HOLLAND
DIRECTOR

WHO'S WHO AT SDA

Hello!

I'm Beverley Holland and I joined the S.D.A. as Director in October last year. I live in Camden, which like Southwark is rate-capped so I know the problems in trying to get services.

During my fifteen years working in the field of disability I have worked with both national and local organisations.

Although I have already met a lot of you I look forward to meeting many more at our series of Open Meetings and at the half-yearly meeting in April.

In the mean time do let us know if you like the new news letter, and if there are ways in which we can improve it or the services offered by S.D.A.

Remember!

This is your organisation tell us how you would like it run.

Beverley Holland
Director

Most of you that already get our newsletter, already know me. I have been asked to say a few words about myself by Beverley Holland our director.

I joined the SDA in May 1987 prior to that I worked at the Walworth CAB (Citizens Advice Bureau), and before that at an adventure Playgorund for children with disabilities and abled bodied children.

My main task at SDA is giving advice to people with disabilities and their carers that live and work in Southwark. On areas such as Welfare Benefits, Housing Issues, and Social service Provision. I also spend time giving talks to various organisations and am involved in other groups in a Managment Committee level. I have in the past produced ethnic language leaflets and have done a lot of work on our newsletters. Don't forget to write to us with your comments on the "New Year/New Look" Nevsletter.

JOHN RAHMAN
ADVICE & RESOURCE WORKER

I joined S.D.A. in September last year as the Volunteer Co-ordinator. The last few months have been spent re-establishing links with other volunteer bureaux in the borough recruiting new volunteers, and introducing myself to established S.D.A volunteers.

I have started regular training sessions and given talks to a number of outside organisations on volunteering and disability awareness.

Much of my time is spent outside the office, meeting and interviewing people who request a volunteer, introducing them to the volunteer and ensuring matters are going to the satisfaction of both parties.

If you would like to become a volunteer or find out more please get in touch. I'm in the office on Tuesdays and Thursdays.

Jackie Herring
Volunteers Co-ordinator

My name is Cheryl, I have been with SDA as the Administrative Secretary for almost a year now, so I will have met many of you or at least spoken to you over the telephone.

I have enjoyed my time working with SDA for this first year and am looking forward to watching and assisting the development of SDA in years to come.

Could I take this opportunity to thank you for renewing your membership for this year, I know you'll be pleased that you did. If you have any friends or relatives that would benefit from becoming a member of SDA, please feel free to give them our number. The more the merrier!

CHERYL LEWIS
Administrative Secretary

Hi,

My name is Sandra, and I'm the newest member to the SDA team. My job at SDA is Administrative Secretary, yes not one but two secretaries - we job-share and it's great!

My main responsibilities will be to ensure there is a smooth running to the administrative functioning of the office with the help of my colleagues.

May I take this opportunity to say, although I may not get to meet all of you - receiving your calls and membership forms etc. I feel I know you already and the greatest feeling of all is to know that we are of help.

SANDRA JEFFREY
Administrative Secretary

I joined the S.D.A. as a permanent part-time member of staff on 3rd October 1988. I guess some of you will already be familiar with the name as I have been working here on a temporary basis for the past three months. Prior to my appointment here I was a Medical Social Worker at St. Thomas's Hospital , where I gained first hand experience of the difficulties and hardship faced by people with disabilities from welfare benefits to inadequate housing.

My main task in the S.D.A. is to give advice and information to people with disabilities and their carers. Clients will be seen at the office (during advice sessions) or in your own home if you are unable to come to the office. Remember you can always ring us for advice - worth bearing in mind particulary when the weather is bad.

In addition to my other tasks related to welfare rights, I hope to liaise with other voluntary and statutory organisations. become involved with working groups and committees and representing the S.D.A. on management committees and advisory groups.

I look forward to meeting you all during the courses of my appointment here at the S.D.A. and do, please, avail yourself of the opportunity of a 'benefit check' but check the time of the advice session first.

Mimi Bergman
Advice & Resource Worker

STUDENT PLACEMENT AT SDA WHAT SHE THINKS OF US, AND WHAT WE DO HERE!

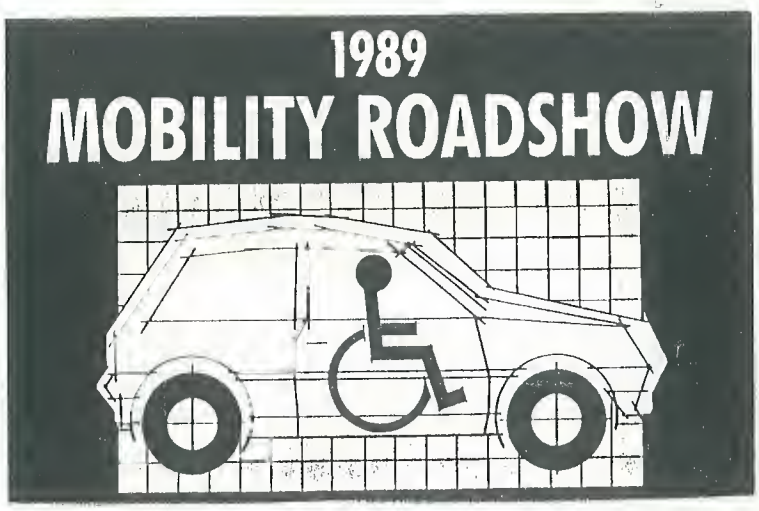
Hello!

My name is Eileen Crombie, and I have recently joined the staff at SDA.

I am a student a North London Polytechnic, studying for a degree and social work qualification.

I am here on placement, as I am interested in learning about people with disabilities I shall be here until May, during which time, I look forward to meeting as many of you as possible.

Eileen Crombie



- the motor show for people with disabilities-

ON

16, 17, 18 JUNE 1989

AT

THE TRANSPORT AND ROAD RESEARCH LABORATORY,
CROWTHORNE, BERKSHIRE

Open from 10am each day

ADMISSION FREE

A WIDE RANGE OF ADAPTED CARS TO SEE AND TEST DRIVE.DISPLAYS OF SPECIAL VEHICLES,POWERED WHEELCHAIRS, CARAVANS, VANS AND MINIBUSES AND MANY OTHER MOBILITY AIDS.

For further information contact:
The Disability Unit
Department of Transport
Room S10/21, 2 Marsham Street,
London SW1P 3EB or phone 01-276-5256/7

WHATS' NEW!

CONVEYANCE OF WHEELCHAIRS ON THE UNDERGROUND

London Regional Transport's aim is to help all those who wish to use its services, but the very nature of much of the Underground system means that it is difficult to cater satisfactorily for people in wheelchairs.

Wheelchairs are not accepted in the deep tunnel sections of the Central, Northern and Picadilly Lines and throughout the Bakerloo and Victoria Lines. This is not only because of the problems of getting them to and from the trains (even the stations with lifts nearly all have some stairs to and from the plateform), but also in view of the serious hazards to the wheelchair-user, other passengers and staff could face in the event of an emergency evacuation of the train between stations.

However, on trains throughout the shallow-tunnel/open air lines (Circle, District, East London and the Metropolitan - including the Hammersmith and city section), and on open -air sections of the Central, Jubilee, Northern and Picadilly Lines (see below) wheelchairs can be accepted at off peak times (ie. not before 10.00 am or between 4.00 and 7.00 pm on Mondays to Fridays). But because station staffing is limited and to ensure your journey goes as smoothly as possible we do ask:

1. that at least 24 hours beforehand a telephone call is made to the Underground Public Relations Office on 01-222-5600 (or to the Underground Divisional Office), giving details of the nature and time of the proposed journey.

2. that the wheelchair user is accompanied by an able-bodied passenger.

We will always try to meet requests for the conveyance of non-folding wheelchairs as indicated abover, but for safety reasons this will depend upon the physical layout of the stations used for each journey and the degree of assistance to or needed by the disabled passenger.

On the deep-level lines, the open air sections concerned are between (and including) the following pairs of stations.

CENTRAL LINE

White City	- West Ruislip/Ealing Broadway
Leyton	- Ongar
Newbury Park	- Hainault
Woodford	- Hainault

JUBILEE LINE

Finchley Road - Stanmore

NORTHERN LINE

Edgeware - Colindale
Hendon Central - Golders Green
East Finchley - High Barnet/Mill Hill East

PICADDILLY LINE

Barons Court - Hounslow West/Uxbridge
Cockfosters - Oakwood

Further information can be found in the publication "Access to the Underground", (price 70p including postage and packing) from the unit for Disabled Passengers, London Regional Transport, 55 Broadway London, SW1H OBD

SOUTH LONDON SERVICE

Disabled drivers in South London can take advantage of a new service to motorists.
Samson Vechicle Consultants has shopped around and come up with a network of selected workshops, repair centres & MOT centres which offer the best services & price.

The consultancy also provides a door-to-door service, collecting and returning customers' cars amd loaning replacement cars at "reasonable rates".

Tel: 01-698-6096

ARTHRITIS CARE Southwark Branch

- hold a Social gathering/meeting at Cambridge House on the first Thursday of every month.

From 2pm - 4pm, transport can be provided.

For further information contact: Josie 01-703-5788 (Day)
Noran 01-701-2884 (Evening)

For a £5.00 annual subscription, members are eligible for a 15% discount when joining the RAC, concessions on ferry trips, and they receive a handbook and bi-monthly journal.

"Driving and your Arthritis"

"Driving and your Arthritis" is a leaflet produced by the Arthritis and Rheumatism Council covering information on the law, the car, finance, driving and wheelchairs. Details of useful publications and addresses to Arthritis contact are included.

"Driving and your Arthritis"

A copy of this leaflet is available free from, The Arthritis and Rheumatism Council, 41 Eagle Street, London WC1R 4AR on receipt of a 14p SAE.

'LINK UP'

Tape Recorded Magazine For The Disabled & Lonely

Registered Office: 55 High Street, Lower Easton, Bristol BS5 6DW

'LINK UP' is a Registered Charity which produces a monthly tape recorded magazine for the disabled and lonely, supported mainly by voluntary donations and by fund raising.
The aims are to relieve the needs of Disabled and Lonely people by the circulation of a monthly magazine, which includes, music,stories, interviews, information on aids and such for the disabled.
If you wish to become a member or know anyone who you think might like to join, then contact the above address.
There is no membership fee but members are encouraged to support the work by making donations from time to time, Cheques. P.O's etc, (no loose cash please) Should be made payable to 'LINK UP'.

NEW SOCIAL CLUB

How would you like to spend a day out with some friends ?
Seaside, theatre, cinema, pub, resturante, day out on the river, visit a museum or just spend a day in the country ?

In the near future, we will be starting a social club for the 30 - 65 age group. The aim of the group is to enable disabled people, their friends and family to particpate in outings and other social events. These will be decided by the members of the club and run entirely by them. we have chosen the 30 - 65 age group, as we fell those outside this age group range are fairly well provided for. If you are interested in this project, please contact us, so that we can book up for events and outings from May 1989.

Please contact Steve Thoms on: 701-1391

Hope to see you all soon.

STEPHEN THOMS
LEISURE & ACCESS WORKER

LABAN CENTRE

The Laban Centre is offering students with disabilities, who can travel to and from the centre in their first year, the opportunity to join the two year course for training designed to lead on to employment in the fields of:- Arts Administration, Teaching, Stage Management, Lighting/Costume for Dance, and Musical Accompaniment for Dance. Although the course will be intergrated, disabled students will have some specially arranged parts of the programme to caterfor any special needs.

If you are interested in being interviewed for the course please contact:-

Marion North,
Director,
Laban Centre,
University of London Goldsmith's College,
New Cross,
London S.E.14 6NW

Tel: 01-692-4070

LUCKY DIP CREATIONS

We have been contacted by a representative from Lucky Dip Creations who design/make clothes for people who have special clothing requirements. They aim to cater for individuals tastes and to produce clothing which could otherwise be bought in Hight Street stores. To introduce their service they can arrange a general 'open' day or evening to demonstrate some of the work they have done.

If you are interested please contact:-

D.Smith
Lucky Dip Creations
Lanerton House
23a High Street
Ealing
London W5 5DF

Tel: 01-567-6677 Ext. 23

H O U S I N G

Grants For House Adaptions

From 1st September there have been a number of changes to the arrangements for home improvements grants. In relation to the use of grants to finance house adaptations for disabled people the changes are an increase in the eligible expense limits.

The eligible expense limit for Improvement Grants is 12600 (16900 in Greater London).

For Intermediate Grants the expense limits relate to the standard amenities that need to be installed or made accessible for disabled occupants. In summary these are now:-

	In Greater London	Elsewhere
Shower with hot & cold water	1340	1020
Wash hand basin with hot & cold water	620	475
Sink with hot & cold water	1090	835
W.C.	890	680

A new edition of "Housing Booklet 14 - A Guide To Home Improvement Grants" should be available from Housing Departments, Advice Centres, etc.

Disabled Tenants Given The Right To Buy

During the report stage in October of the Housing Bill, Lord Swinfen moved an amendment, which the Minister of the Environment accepted, to remove the exclusion from "the right to buy" of houses which are specially designed or substantially adapted for disabled people. This removes the current discrimination against physically disabled people who have been prevented from buying their local authority houses. It now means that they will have the right to buy their council house like their able-bodied neighbours.

Some members of the House Of Lords, whilst agreeing that disabled people should not be discriminated against, expressed deep concern at the amendment, claiming that it would harm the very people it was designed to benefit. Once an adapted house is sold and not replaced, the stock of houses available to rent is reduced. This obviously works to the disadvantage of disabled people who need to rent adapted housing.

Lord Carter asked the Minister for an assurance that as the amendment was accepted, the stock of special housing to let would not be reduced. No such assurance was given.

Carers' Needs

A 10 POINT PLAN FOR CARERS

Carers are people who are looking after elderly, ill or disabled relatives or friends who cannot manage at home without help. They may be the parents of a child with a mental handicap, a husband whose wife has a physical disability or a daughter looking after her frail elderly mother.

Carers come from all racial, ethnic and religious backgrounds. Their circumstances vary enormously, with the severity of the condition of the person cared for, their economic circumstances and the overall help and support available. The majority of carers are women and many carry out the tasks of caring completely on their own.

Carers are deeply concerned about the needs of the people they care for; services need to be planned for and with them.

CARERS NEED:

1. **Recognition of their contribution** and of their own needs as individuals in their own right
2. **Services tailored to their individual circumstances**, needs and views, through discussions at the time help is being planned
3. **Services which reflect an awareness of differing racial, cultural and religious backgrounds** and values, equally accessible to carers of every race and ethnic origin
4. **Opportunities for a break**, both for short spells (an afternoon) and for longer periods (a week or more), to relax and have time to themselves
5. **Practical help** to lighten the tasks of caring, including domestic help, home adaptations, incontinence services and help with transport
6. **Someone to talk to** about their own emotional needs, at the outset of caring, while they are caring and when the caring task is over
7. **Information** about available benefits and services as well as how to cope with the particular condition of the person cared for
8. **An income which covers the costs of caring** and which does not preclude carers taking employment or sharing care with other people
9. **Opportunities to explore alternatives to family care**, both for the immediate and long-term future
10. **Services designed through consultation** with carers, at all levels of policy planning.

WELFARE BENEFITS

BENEFIT UP-DATE ?

The story so far....

As many of you may remember Supplementary Benefit and one off payments called single payments ceased from April 1988.

Now your benefit will be made up of Income Support and Premium Disability or Pensioner Premium depending on what you qualify for.

The Social Fund operated from your local D.S.S (Department of Social Security), is still not being taken advantage of as much as it could be.

If Social Security do not pay out the allocated amount of Social Fund payments for the period April '88 - April '89 the Government will be able to say that there is no need to allow the D.S.S. so much money per year.

So remember, The Social Fund is for you. Claim What's Yours, you will also effect Social policy on Goverment level. You can show the Goverment that by claiming in volume, people really do have a need.

Do you remember my mentioning Transitional Protection - ?
The Goverments method of ensuring that whatever your benefit was on 10th April '88, will be the same on the 11th April '88. (The date when the 1986 Social Security Act came into force).

Here is an example of what a person's benefit would have looked like in April 10th '88.

Long term Scale Rate 38.65		Mr. Jones's entitlement to Supplementary Benefit
Bath (LTSR) addition	1.80	
(to ease pain of arthritis)	5.55	
Higher heating Addition	3.80	
	50.80	
Diet (due to (LTSR)	- 1.00	
	49.80	

Under the New Scheme		Mr. Jones's entitlement to Income Support
Mr. Jones would get		
applicable amount	33.40	
disability premium	13.05	
	46.45	
	3.35	+ Transitional Protection
	49.80	

The 3.35 Transitional addition will only last as long as the applicable amount and disability premium amount stay the same. However with the Benefit uprating in April '89 it is quite likely the Transitional Premium will be reduced by

LONDON BOROUGH
OF SOUTHWARK
SOUTHWARK
COLLECTION

WELFARE BENEFITS

Independent Living Fund

The Independant Living Fund is a decretionary Trust fund which will provide help to some severely disabled people to help them live in their own homes. It replaces the Single Payment Scheme of the old Supplementary Benefit.

If you are serverely disabled you may get money from the fund so that you can continue to live in your own home or you can move out of hospital or residential care. You may be able to getmoney to pay someone to look after you, or help with doing housework, or buying something that would enable you to manage with less help.

If you are interested in learning more about the Independent Living Fund contact John or Mimi S.D.A's advice workers on 701-1391 or come along to one of our advice sessions.

MORE INFORMATION

Wheelchair Accessories from Simplantex

For those who want to enjoy the 'great outdoors' whatever the wheather, the range of accessories from Simplantex may be useful.It makes a range of protective covers for people in wheelchairs, which are comfortable and come in a range of different colours for both adults and children.
For example, there is the 'Apron' , which covers just the lower part of the body, leaving the arms free. It has elasticated sides and packs away neatly for storage. A warmer version of this is the 'Cosyfit', which in addition to the 'Thermalon' fur lining, also has a central ring pull zip for easy use and handy pockets for valuables. The 'Poncho' is a smart lightweight throwover cape made from 100% waterproof nylon, with ring pulls on the zip and a drawstring hood. Ideal for travelling as it packs away very neatly. The 'Wheelymac' is an All in One cape made from 100% waterproof nylon. It has ring pulls on the zips and a handy inner pocket. In spite of its size it is light and comfortable and packs away neatly. Finally, for those chilly evenings - at any time of year - there is the 'Cosywrap', made from hardwearing nylon with deluxe 'Thermalon'fur lining. It can be worn indoors and out, and also opens out flat as a luxury blanket. For any one that suffers from the cold, here is a perfect solution.

For further information please write to:

'Simplantex'
Eastbourne Ltd,
Willowfield Road,
Eastbourne,
East Sussex, BN22 8AR

Greetings from us all in Services to the Community.

SOUTHWARK DISABLEMENT ASSOCIATION

ENABLING

INDEPENDENCE

NEWSLETTER 56

Room 48,
Aylesbury Day Centre,
Bradenham, Boyson Road,
SE17 2BA

EDITORIAL

This issue of the newsletter covers some very important topics, and I suggest you read them very carefully. The Rights Round-Up pages are very important as you could stand to gain money!

Of great concern is the move into Community Care and Beverley Holland covers this in two articles. We would like to hear from you with any of your suggests as to how community care is implemented, and with any problems you may have (Could this be the subject of the Letters Page in the next issue!!).

I would be very happy to receive contributions for the newsletter-articles, letters, etc.-these should be addressed to me at SDA. After all this is YOUR newsletter.

I hope you enjoy the newsletter.

All the best

Frank Roper

INDEX

New Staff.....2

Director's Report.....3

African Friends of the Disabled.....4

Rights Round-Up.....5

Sports News.....7

Terminal Illness and Attendance Allowance.....9

Benefits Rally.....10

Focus.....12

Choices.....13

Community Care.....15

New To SDA.....17

London News.....18

Reduced Earnings Allowance 20

ANY VIEWS OR OPINIONS EXPRESSED IN THIS NEWSLETTER ARE NOT NECESSARILY THOSE OF SOUTHWARK DISABLEMENT ASSOCIATION

NEW STAFF

My name is Frank Roper and I am the new Information and Advice Worker at SDA-More about the Information Service can be found further on in this issue

As well as providing an information service, I am also the new editor of the newsletter. Within this issue you will find some new features, I would like to hear your opinions. of these. I would also be grateful to receive any ideas for future issues.

One new feature I would like to start from the next issue is a letters page-This will be your page, **so let's see those letters!**

We are always happy to receive contributions for the newsletter-
These should be sent to me at SDA.

Hello, my name is Barry Hayward, I am the new advocacy worker, working alongside Lucille for 20 hours each week. I will be continuing the advocacy project started by Lucille. This varies between group work such as the independent living group at Aylesbury Day Centre, and individual representation of people with disabilities living in Southwark. If you would like our help or know of an individual who may benefit from our support, please contact me at S.D.A. between 9.30-3.30 Mon-Thurs.

DIRECTOR'S REPORT

Dear Everyone

you will see from this newsletter that there are some new faces at **S.D.A.** We would like to welcome **Frank Roper**, the new Information Worker and the editor of this newsletter and **Barry Hayward**, who is the part-time Advocacy Worker working alongside **Lucille**.

This has been a very busy time for us since the last newsletter. Plans are going forward for **Community Care** and **S.D.A.** has been involved in the discussions. There is to be a meeting for organisations concerned with people with physical and sensory disabilities on **October 4th** at **6.30pm** at the **Aylesbury Day Centre.** This will be followed by a meeting, probably in November, for all people who are users of **Community Care** services. We will let you know the date as soon as we have it. It is important that you all come along to the second meeting and let your views be known.

Our **Independent Living Conference** had to be cancelled because of difficulties over the financing of it, and partly owing to a number of people having difficulty in attending on that date. We will be holding it probably in the spring.

October 20th is an important day for disabled people. There is to be a Rally in **Trafalgar Square** regarding disability benefits and income (more info further on in newsletter). Do come along, it is an opportunity to make your voice heard.

All the staff have been very busy out and about. I know many of you attend the **Pyramid Club**, but do you know about **S.D.A.**'s other activities such as the **Sailing Club** and **FOCUS**? If you would like further information do get in touch. We are always pleased to hear from you, remember this is **your** organisation and **your** newsletter. We want to hear from **you!**

Beverley Holland

AFRICAN FRIENDS OF THE DISABLED

The first in a seris of articles looking at organisations for people with disabilities from minority ethnic groups.

The number of elderly African Caribbean people in this country is growing, inevitably leading to a rise in the number of African Caribbean people with disabilities.

It is an accepted fact that ethnic minority people with disabilities do not receive the special care they need either from statutory bodies or voluntary organisations.

In the African Caribbean community the problem created by the lack of statistics about people with disabilities is compounded by the non-existence of information and research into their needs.

African Friends of the Disabled (AFD) has recently been set up to help alleviate this problem. Although the emphasis of its work is on African Caribbean groups, it provides support to people with disabilities from all races and creeds.

Its aims are to:

*help African Caribbean elderly people, and all people with disabilities to develop their full potential as individuals and members of the community.

*give information and support.

*provide spiritual, educational, recreational and cultural facilities for African Caribbean people with disabilities.
*bring the needs and problems of elderly African Caribbean people and people with disabilities to the attention of governments and other policy makers.

*facilitate the integration between people with disabilities and able-bodied people.

AFD works in fullest cooperation with local statutory services, area health authorities and other organisations fort people with disabilities in order to avoid duplication and save time, money and effort.

Services provided since its formation include home visits and help, support, advice, counselling, provision of leisure activities and the integration of people with disabilities into the mainstream community through volunteers and trained personnel.

Work is financed by fundraising and voluntary contributions; funds are needed to maintain and expand special services and activities.

The AFD is aiming to raise £1 million to build a centre for the thousands of African Caribbean people with disabilities.

For further information, applications for membership, offers of help and donations, please contact: African Friends of the Disabled, 10 Bleriot, Belvedere Strand,NW9 5NE
Tel:081 200 0906/071 272 8081

The above article is reprinted from Voluntary Voice.

RIGHTS ROUND-UP

It is now possible to claim means tested for up to 8 weeks if you are taking a child abroad for treatment. the previous maximum was four. If this applies to you seek advice from us. **This is a correction to our article in issue 55 which accidently read "not possible".**

Young people aged 16-17 who qualify for the Disability Premium, who are living independently of their parents and getting Means Tested Benefits are to get the same amount as 18-24 year olds. This is £28.80 applicable amount. Disability premium and severe disability premium will be added on top of this.

The six month qualifying period for Attendance Allowance will be abolished for people who are terminally ill this includes babies . Seek advice from us as Terminal Illness has a legal definition. **Claim on form DS2; available from the Post Office, DSS or from us.**

From October the Housing Benefit earnings disregard is being raised to £25. **Seek advice if this applies to you.**

Invalid Care Allowance

Invalid Care Allowance may now be claimed in respect of babies from the age of six months, who get Attendance Allowance (but see terminal illness above as it could start from the date of that claim if it is earlier than six months).

The level of earnings disregard on Invalid Care Allowance is raised from £12 per week to £20, but if the carer is on Income Support, care should be taken not to earn over £15 per week as the remainder will be deducted from I.S £ for £.

A Carers Premium of £10 per week is to be added to Income Support and other means tested benefits from October 1990, for people caring for someone getting Attendance Allowance and where the carer gets Invalid Care Allowance. This may affect people getting the Severe Disability Premium, **if it affects you SEEK ADVICE.**

Invalidity Benefit/Severe Disablement Allowance

A series of age related additions will be introduced for Severe Disablement Allowance. This may have severe implications for Income Support and other means tested benefit claimants. See our next newsletter for details.

The Therapeutic earnings limit has been increased from £28.50 to £35 from April 1990. But earnings disregards if also on Income Support presently stand at only £15 per week, anything over that will be deducted £ for £ from your weekly benefit.

Mobility Allowance and Deaf/Blind People

From the 11 April 1990 people who have a double sensory impairment of hearing and sight will be able to make a claim for Mobility Allowance, under new rules and guidance. People who may qualify under the new rules should claim **IMMEDIATELY to avoid missing out on benefit.**

What are the new rules?

Two new paragraphs have been added to the Mobility Allowance Regulations, basically these new paragraphs mean;

You have to be 100% blind (see below) AND you have to be 80% deaf (see below).

The guidance issued says:

EYESIGHT
(a) There is total lack of vision
(b) Testing with visual charts, the vision is assessed at less than 6/60 using both eyes, while glasses are used:or
(c) Finger counting is not possible beyond 1 foot:or

100% blindness...has been made for another social security benefit.

HEARING
(a) You are unable to understand a simple command from 1 metre, which should be given from behind you and outside, such as "lift your arm" or
"how old are you?", which you should be able to comprehend:or
(b) an assessment of 80% deafness has been made for another social security benefit.

Disability Alliance warn that some people are being turned down because this guidance has not yet been given to doctors who do tests, **if you have been turned down get our advice immediately.**

Sailing in Rotherhithe..

Surrey Docks Watersports Centre

Tuesday Mornings

Starting October 9th

Ahoy! Star Sailing

If you think that you would like to start sailing or that you have already been a waterbabe, you would be very welcome to join a group of other like-minded people.

Throughout the summer months, on Tuesday mornings, a group of hardy sailors arrived to take part in the water activities. (that- or basking in the sun) The main chosen activities were sailing or canoeing. A few serious participants are now very skillful on the water, the others are enjoying pottering. Whatever you ability, sailing can be fun, exhilarating and wet.

The Course
Date; Every Tuesday Morning starting from October 9th
Time; 10.00am - 12.00pm
Cost; £2.00
Transport available
Duration; 10 weeks

Aim and Content
Course participants will gain more than skills of boat handling. The educational content of the course includes teamwork, self discipline, motivation, understanding of wind and water. Sailing can also improve physical agility and fitness.

The skills which are

Rigging; introduction to the boat, getting it ready to sail
Capsize recovery drills; launching and recovery from the slipway
Reaching; sailing the boat across the wind
Going about; turning the boat through the wind
Close haul; sailing the boat into the wind
Jibing; turning the back of the boat through the wind
Running; sailing the boat away from the wind
Full sails; sailing under full sails
Triangular courses; sailing around a course using all the boats equipment.
Introduction to racing; techniques and skills development for efficiency.
Rule of the road; how to sail safely with other boats around you.
Meteorology; basic sailing according to the weather.
Nautical Terminology.

THE PYRAMID SPORTS CLUB

The Pyramid Sports Club for people with disabilities is still thriving on Monday evenings.....

Time:6.30pm - 8.30pm

Place:Rotherhithe Leisure Centre, Lower Road, Rotherhithe.

Activities; Swimming, bowls, boccia, table tennis, weight training, snooker, darts and exercise to music.

Cost 50p

THE MORE THE MERRIER

It is not an exclusive club, everyone is very welcome to come along and join in. Transport is available and there are still a few places, you can just turn up on the night.

SWIMMING CLASSES

Starting in October is a course on teaching swimming, if you are AT PRESENT unable to swim or feel that you would like to improve please contact Sally for more information.

MORE CYCLING

A rather strange bicycle turned up to the Pyramid club during the summer. It was and still is called The Duet. It is a bike for two, the front person is a passenger while the partner cycles behind. It is very stable and 'also great fun' according to the people who had a go.
For trials or information contact; Andy Foreman, Neatwork,
The Lees Stables, Coldstream
Berwickshire, TD12 4NN
Tel:0890 - 2709

THE TIDEWAY SAILING CLUB

The club has sailed over from Greenwich to Rorherhithe, and is now based at The Surrey Docks Watersports Centre.
The club owns a number of boats, some of which are specially designed so that anyone is able to sail.

The members are disabled and able bodied people who are interested in sailing. The club meeting times are at present Thursday evenings and Sunday afternoons.
For more specific information please contact;
Tom Atkins
Tideway Sailing Club
5 Warburton Terrace
Walthamstow
Tel:081 - 531 - 2282

IMPORTANT: TERMINAL ILLNESS AND ATTENDANCE ALLOWANCE.

NEW RULES

From 1st October 1990, people who are terminally ill will be able to claim Attendance Allowance without waiting for the six month qualifying period to lapse.

Naturally, it is often very distressing to be told you have a terminal illness which is **likely to lead to you passing away** in less than six months, or it may be that your doctor has not told you that you are terminally ill but has told a relative or friend. In this case special arrangements have ben made for someone to act on your behalf and to make the claim for you. Your doctor will have to fill in a special form to say that the person suffers a terminal illness which is likely to be life threatening within six months.

This is done on form **DS1500**, which your doctor should complete.
We suspect that a lot of doctors will not get their forms for quite some time, if you have difficulties, contact us at Southwark Disablement Association and give us the name and address of your doctor. We will then endeavour to get a form **DS1500** for them. **You will not have to undergo a separate medical examination, your doctors report will almost always suffice.** There may be cases where incomplete or not enough evidence has been provided, your doctor will be approached again to provide this evidence.It may be necessary at this stage to undergo a medical examination if there are any queries on your claim.

MARCHING ON TRAFALGAR SQUAR

There comes a time in every Civil Righ movement which articulates that th rank and file have had enough. They'v had enough of talking, discussing, s called consultation, misrepresentatio broken promises and being swept to th side and marginalised. There comes time when, the only effective cours open, is to take to the streets and demo strate their strength and solidarity.

That time is upon us.

This is the Hour of Disabled People in th country.

The issue that unites us is benefits, an the campaign for a credible Disabilit income which meets the costs impose on Disabled People by an inaccessibl society.

Ask any Disabled Person "Does you Benefit cover the cost of being a Disable Person?" The answer is invariably "NO We are expected to pay taxes like every body else and yet often can't use th services those taxes pay for!

It's not our fault that we live in an inac cessible society.

It's not our fault that society fails to mee our needs.

So why must we pay for society's failur to include us!

Disabled people's organisations hav been campaigning for years for a prop erly Disability income.

We have been ignored.

We believe that the extra cost of Disabi ity should be met as of right. This wi enable us to take a full and equal part i society.

The extra costs of being a politician ar met.

Why not the extra costs of disability?

This government has accepted that Dis abled People are amongst the poorest i our society but has refused to put sub stantial, new money into benefits fo Disabled People.

All the major, national disability organi sations have come together and speak with one voice on this issue under the Disability Benefits Consortium. We are united in this as never before!

On the 20th October there will be a national rally in London's Trafalgar Square, in Manchester's Albert Sq. and in Glasgow's George Sq. of Disabled People and allies.

There will be over 15,000 People at these events run simultaneously.

This will be the largest demonstration of Disabled People ever staged in this country.

15,000 Disabled People can send a message to this government that ENOUGH IS ENOUGH!

15,000 Disabled People on the street will also signify a turning point in our struggle for basic civil and human rights. It will be the sign that we are a strong and proud people with dignity, who will no longer be turned aside, who will no longer be victims of this society.

The 20th of October 1990 will be the day in our history which marked a new beginning. The day that the dream of liberty took to the streets and became real.

The 1990's will be a decade of direct action for Disabled People through which we will force people to change their perceptions of us. Through which we will win back our rights and liberties that are ours.

Martin Luther King said that he had a dream. A dream of equality, a dream of justice, a dream of liberation.

Disabled People can dream too!

Be there on the 20th of October!

For more information about the rally you should contact either:

The Disability Benefits Consortium
4 Wilkinson Hse., Cherbury St.,
London N1 6TH.
Telephone 071-739 0810

G.L.A.D.
336 Brixton Rd., Brixton, London SW9 7AA
071-274 0107

DISABILITY BENEFITS CONSORTIUM

BENEFITS FOR DISABLED PEOPLE

WHEN

20th October 1990 1pm to 4pm

WHERE

Trafalgar Square

Please contact us if you need help with transport.

FOCUS

Increasingly disabled people are demanding a greater control over their own lives. The campaign for full implementation of the Disabled Persons Act 1986, and the mass rally on 20th October this year (see elsewhere in this newsletter for details) are just two indications of this.

The Disabled Persons Act 1986 is extremely important in view of the Care in the Community proposals that the government intend to implement in 1993. It is important **now** because Southwark Council are going ahead in advance with much of the Care in the Community proposals.

The Disabled Persons Act gives disabled people the right of an assessment of their daily living needs. Daily living needs include:- housing, money, care and support needs. This right is crucial to the Care in the Community process because without an assessment of your needs, you will be unable to demand the necessary services to cater for those needs.

The Act also allows you to appoint someone who can act on your behalf. These people are called Advocates and can represent your opinions to Social Services Departments etc. Both Lucille and Barry are available as Advocates and you should not hesitate to contact them if you feel that your daily living needs are not being met by the authorities.

S.D.A. also campaign on behalf of disabled people in Southwark as a whole in order to improve the services available for all of us.

What is really necessary however is for disabled people in the borough to demand better services themselves. Our message would be much stronger if it was backed up by the active participation of the ordinary members of S.D.A. We also need to know your views so that we can argue for those things that **you** really want, and not what we **think** you want.

For these reasons S.D.A. are setting up a forum called **FOCUS** for you to express your views and to discuss them with other members of S.D.A. **FOCUS** will be a regular gathering of disabled people in Southwark who are dissatisfied with the current provision of services and access in Southwark.

Anybody wishing to come along to a **FOCUS** meeting please get in touch with Barry at SDA.

Barry Hayward begins a series of articles covering issues pertinent to people seeking greater independence and choice. This issue he is looking at adult education.

In a society where employment opportunities are few, more and more people are recognising the importance of education and training. For disabled people who have fewer career choices and face discrimination from employers, gaining a recognised qualification or work experience is all the more important.

Here in Southwark we are reasonably fortunate in that the Education Department has recognised the needs of disabled people and has taken positive steps to offer the widest range of courses at accessible venues and at reasonable cost.

A useful publication is **Southwark Institute's** Adult Education 1990/91 which is widely available throughout the borough, listing classes from Art to Yoga offered both during the day and at evening classes. It would also be worthwhile obtaining the prospectuses (list of courses) of other local colleges eg: **Morley College, Southwark College** etc (available in libraries or direct from the colleges).

Whatever your interests or previous educational background there should be a course for you somewhere locally. Once you get started you may be encouraged and go on to further or even higher education.

Southwark College run a course especially for the purpose of helping young people with disabilities back into an educational environment. The **Widening Horizons** course gives the opportunity of studying various subjects including, Computing,English and Maths aswell as more vocational subjects such as Food Studies and Creche Work.

Students attend for 2 days each week and can also join other classes of their choice in an integrated setting at the various centres throughout the borough. An 8-seater bus with a tail-lift is available to help students with disabilities to and from classes and facilities are provided for blind/partially sighted students and students with hearing impairments.

There should still be places available on this and other courses; the address to contact is given at the end of this article. Do not be put off from applying for any course offered in the borough, all colleges assure me they have equal opportunities policies and will endeavour to cater for any special requirements students may have.

Those of you who have already gained academic qualifications and are considering a higher education course, this is

the time of year to begin applying for entry in autumn 1991. For people over 23 years of age it is not always necessary to have A levels, but this varies from college to college.

I will look at higher education in detail in a future edition of this newsletter

I hope this brief outline has encouraged you to consider taking up a course this year or some time in the future (some Southwark adult education classes can be joined at any time).There are many other areas of education that I have not touched upon, residential courses for people with disabilities and so on. I particularly wanted to look at integrated courses in this article.

If you would like some more information please contact me at S.D.A. I can also recommend **Southwark Education and Training Shop** (SETS) who give specialist advice to people with disabilities on all aspects of education and training. Their premises are fully accessible and they can make special arrangements if you have any difficulties in getting to them. The address is given below.

In future editions of this newsletter I will be looking at other issues of relevance to people looking to increase their **choices** in life. I hope to cover such topics as employment, housing and transport, aswell as other aspects of education.

If you are taking up a course this year, good luck and happy learning.

References

Southwark Education Department
19 Grange Road
London SE1
071 237 4551
for Adult Education 1990/1991, Souhwark Handbook, etc.

Southwark Education and Training Shop (SETS)
175 Rye Lane, SE15 4TL
071 635 9111
for General advice, leaflets etc.

Southwark College
Special Needs Coordinator
Judith Rose
Queens Road Centre
St Mary's Road
SE15 2EA
071 639 1178 ext 153
for Services for disabled people in adult education.

Liz Coling
Peckham Centre
Gervase Street
SE15 2RJ
071 635 0734 ext 227
for Info on **Widening Horizons** course

SKILL-National Bureau for Students with Disabilities
336 Brixton Road
London SW9 7AA
071 274 0565

Family Fund, Joseph Rowntree Memorial Trust
PO Box 50
York YO1 1UY
for After Age 16-What Next? Services and Benefits for Young Disabled People (a useful general guide).

The government proposals on Community Care mean that there must be increased cooperation between local authorities and voluntary organisations in planning services to meet theneeds of elderly and disabled people.

On 6th April 1990 S.D.A. and Southwark Council for Voluntary Service (SCVS) hosted a conference at which representatives of Southwark Social Services Department and the Health Authorities outlined their plans for implementing Community Care.

In Southwark there will be 3 Departmental Planning Groups (DPG's) specifically dealing with disabled people. These are Physical Disabilities, People with Learning Difficulties and Mental Ill Health. There will also be DPG's for the elderly and children. Joint Community Care Planning Groups which will include representatives from the local authority, health authorities and voluntary sector will be set up for each client interest group and these will put forward recommendations to the DPG's.

It was agreed at the meeting on 6th April to set up a Voluntary Sector Community Care Forum to act as the official "voice" of the voluntary organisations concerned with community care.

The Forum is now well established as the official consultative body for liaison with the council and has representatives on the Joint Community Care Planning Group (JCCPG). S.D.A. is one of the representatives on the Physical Disabilities JCCPG.

S.D.A. is also represented on the London Community Care Alliance which brings together voluntary organisations all over London concerned with community care services to campaign for implementation of community care reforms that are adequately resourced and acessible to all London's communities.

We will keep you informed of the progress of plans as to how community care will be implemented in Southwark. In the meantime if you are having any difficulties in obtaining services please let us know and we will do our best to assist you.

COMMUNITY CARE

The NHS and Community Care Bill recieved Royal Assent on 29 June, however the government has decided not to implement the Community Care part until 1992; but Local Authorities such as Southwark will still be going ahead with plans so that they are ready for when the

legislation comes into effect in April 1993.

One of the main results of this Act will be greater co operation and partnership between Local Authorities and Voluntary Organisations to ensure that disabled people have access to the services most appropriate to meet their needs.

Consultation

In drawing up their Community Care plans, Local Authorities must consult Voluntary Organisations representing users of services. Southwark Social Services will be holding such a meeting on Thursday 4 October 1990 at 6.30 pm at the Aylesbury Day Centre.

A meeting is planned for later in the year for users of the service and we will let our members know the date as soon as it is confirmed.

Assessment

Under Section 4 of the Disabled Persons Act 1986 and Section 55 of the NHS and Community Care Act, disabled people are able to request an assessment of their need for services.

Complaints

Local Authorities are required to introduce a complaints procedure. A reference to the complaints procedure should be made when you recieve the outcome of the assessment.

The timetable for implementation of Care in the Community is as follows:-

April 1991

Setting up of inspection units to check residential homes. Introduction of a complaints procedure. Development of planning, case management and assessment. Special grant available of £30 million to Local Authorities for mental illness services.

April 1992

New planning arrangements for health and local authorities and production of community care plans.

April 1993

Transfer of funding for residential places from Social Security to Social Services budget.

As there will probably be a General Election before the shift of resources takes place, this implementation timetable is obviously in doubt. It is impossible to say whether any new government of whichever political party will maintain the commitment.

It is up to all Voluntary Organisations, disabled people, their carers, families and friends to ensure that the development of appropriate services is kept high on Southwark Council's agenda.

ENABLING INDEPENDENCE

NEW TO SDA

ENABLING INDEPENDENCE

HAVE YOU EVER WANTED TO KNOW WHERE YOU CAN GO ON HOLIDAY WHEN YOU USE A WHEELCHAIR?

HAVE YOU EVER WANTED TO KNOW ABOUT ACCESSIBLE SPORTS CENTRES IN SOUTHWARK?

HAVE YOU EVER WANTED TO KNOW WHERE TO HAVE YOUR WHEELCHAIR MENDED?

THEN GIVE THE INFORMATION SERVICE AT SDA A CALL

WE CAN SOLVE YOUR PROBLEMS!!

INDEPENDENT LIVING

WANT TO FIND OUT ABOUT HOUSING,EMPLOYMENT, TRANSPORT OR EDUCATION?

WANT TO COMPLAIN BUT DON'T KNOW HOW OR WHO TO?

IF SO PLEASE COME ALONG TO THE **INDEPENDENT LIVING GROUP** AT AYLESBURY DAY CENTRE.

ALL PEOPLE WITH DISABILITIES ARE WELCOME.

MEETINGS ARE HELD FORTNIGHTLY ON A THURSDAY AT 11.00am BEGINNING ON 27 SEPTEMBER 1990

If you require a sign language interpreter or have any transport difficulties, please contact: Barry Hayward at S.D.A.

LONDON DISABILITY ARTS FORUM EVENTS

20th October
Swiss Cottage Community Centre
19 Winchester Road NW3

A special event to relax you after the Benefits Rally (see this issue for details) with The Tragic Twins, The Lawnmowers, Kate Portal and Alan Sutherland.

22nd October
Ealing College
Students Union
Nelson Mandela Hall
The Park
Ealing W5

With the Lawnmowers and Kate Portal

23 October
The London Lighthouse
11 Lancaster Road
Notting Hill Gate W11

With the Lawnmowers and Kate Portal

For more details of these events ring the LDAF on 071 935 5588/8999

BRITISH TRUST FOR CONSERVATION VOLUNTEERS

The BTCV is looking for people with disabilities to be volunteers. The Trust is involved in a variety of projects; including creating and maintaining urban community gardens and continuing traditional skills such as coppicing and hedgelaying.

If you are interested in being involved you should contact:

BTCV
The London Ecology Centre
80 York Way
London N1 9AG
Tel:071 278 4293

Dial-A-Ride Plans Go Ahead

Plans to regionalise the London Dial-A-Rides are to go ahead. Southwark Dial-A-Ride will be part of the Southeast London area.

Clive Stanley, of Southwark Dial-A-Ride, says that the probable effect of the regionalisation will be to reduce the distances people can travel west and north. However the distance in the southeast direction will be increased to include Bromley. In addition to this to book ahead period will be reduced to 48 hours.

Southwark Dial-A-Ride have asked that people worried about regionalisation should write to either their MP or Tony Shaw-Head of the Disabled Passengers Unit at LRT-voicing their concerns.

LEWISHAM THEATRE
Catford Road, SE6 4RU
Box Office Tel:081 690 0002

The Lewisham Theatre offers several facilities for disabled people.
*Toilet designed for disabled people.
*A wheelchair lift at the rear of the theatre.
*Reserved seats at the front of the stalls for people with visual impairments.
*An induction loop.
*Four spaces for wheelchair users in the front stalls area, next to a seat reserved for your companion.
*Reserved seats for people with restricted mobility.

Details of the programme for autumn and winter can be obtained from the box office on the above number.

The theatre recommend early booking for disabled people. Bookings can be accepted over the phone if you have a credit card.

British Rail is making changes to all London stations to make things easier for people with disabilities. If you require staff help, it is advisable to contact the Area Manager's Office in advance.

The numbers for the London Stations are as follows:

Euston 071 922 6476/6482

King's Cross
071 928 5151 ext 54444

Liverpool St
071 928 5151 ext 52758

London Bridge
071 922 4548

Marylebone
071 922 6543

Paddington
071 928 5151 ext 31134

St Pancras 071 922 6466

Victoria 071 922 6215

Waterloo 071 922 4500

A leaflet giving details of access facilities is available, free, from BR.

LONDON DISABILITY GUIDE

This is a major new guide to services for disabled people in the London area.

Also available in large print, braille, moon, and on tape.

Free copies are available from the addresses below.

GLAD
336 Brixton Road
SW9
Tel:071 274 0107

Community Education Officer
Thames TV
149 Tottenham Court Road
W1P 9LL
Tel:071 387 9494

COPIES ALSO AVAILABLE FROM THE SDA OFFICES

REDUCED EARNINGS ALLOWANCE RECEIVES THE DEATH SENTENCE

Clause 3 of the Social Security Act 1990 has abolished Reduced Earnings Allowance (REA) from Autumn 1990 for all new Industrial Injuries and Diseases claims.

The Social Security Act 1986 has already abolished hospital treatment allowance, unemployability supplement and industrial death benefit.

The Act renamed the only remaining addition "special hardship allowance" to "reduced earnings allowance"; supposedly to give a better reflection of what it was for. The 1986 changes, which restricted payment of industrial injuries disablement benefit to assessments of 14% or more and certain prescribed diseases, cut out more than 90% of new awards. Reduced Earnings Allowance remained.

The abolition of REA combined with the cuts made in 1986, force those injured at work or suffering from an industrial disease to rely totally on making a successful claim for compensation against their employer. Many people will find it difficult to pursue such a claim and in any case will require good legal or union representation to do so. Unlike the "No Fault" and universal basis of industrial injuries benefits they will have to establish that the injury or disease arose out of employer neglect, and that they did not contribute to that accident/disease by their own actions.

The Industrial Benefits Scheme cover all employees from their first day at work, regardless of age , contribution record, pay or hours worked. It may be the only benefit cover for low paid and casual workers.

With the abolition of REA we can expect a return to the haphazard confusion for workers, with the need to prove negligence, with the majority of people suffering from an accident or disease not receiving any cover.

To qualify for REA a person must prove that as a result of an industrial accident or disease, that they have suffered a loss in their earnings capacity, and that this loss has been continuous since their accident, or onset of disease, or is likely to be permanent in the future.

SEEK ADVICE IMMEDIATELY IF YOU HAVE HAD INDUSTRIAL INJURY, DISEASE OR ACCIDENT. YOU MAY NOT BE ABLE TO CLAIM REA AFTER THE AUTUMN.

ISSUE 57

SOUTHWARK DISABLEMENT ASSOCIATION

INDEX

EDITORIAL.....1
FOCUS.....2
DIRECTOR'S REPORT.....5
STAFF NEWS.....6
ARTS.....7
VOLUNTEERS.....8
NEWS.....9
BENEFITS RALLY.....11
DISABLED FACILITIES GRANTS.....15
RIGHTS ROUND UP.....16
ACCESS.....17
BITS & PIECES.....19
COMMUNITY CARE.....20
BITS AND PIECES.....22
MEMBERSHIP FORM.....23

ENABLING INDEPENDENCE

SOUTHWARK DISABLEMENT ASSOCIATION

Room 48, Aylesbury Day Centre, Bradenham, Boyson Road, SE17 2BA

Telephone: 071-701 1391

President: The Mayor of Southwark

EDITORIAL

This newsletter is full to bursting point with exciting campaigns and activities that you should be involved in. Take FOCUS's project on pubs, this is one thing I know I'll be involved in! Why don't you get involved too.

As I write the Prime Minister has announced her resignation, does this mean a change in government attitudes towards disabled people? We shall have to wait and see, YOU can help change them, by standing up to be counted. The Rally (see centre 4 pages) was a good start to a campaign for rights for people with disabilities. MORE PEOPLE are needed to make OUR voice heard, locally and nationally. A good start is to go and see your M.P. and tell them, that you are not happy with your benefit situation or that you live in inappropriate housing.

We have asked for your involvement several times in this newsletter, and I look forward to hearing from you all,if only to tell me what you think of the newsletter!

It only remains for me to wish you all Merry Christmas and a Happy New Year. Or should that be a happier New Year!

All the Best. Frank

The Team

Frank Roper-Editor/Layout
All Staff
I would like to give a special thanks to:
Cheryl Lewis
Sandra Jeffrey
for all their hard work.
Thanks to Mick Lovelock for the cartoon on page 15.

ANY VIEWS OR OPINIONS EXPRESSED IN THIS NEWSLETTER, ARE NOT NECESSARILY THOSE OF SOUTHWARK DISABLEMENT ASSOCIATION

SEASONS GREETINGS

FOCUS

CAMPAIGNS FOR DISABILITY RIGHTS

Following the FOCUS article in the last newsletter, we have attempted to find out the most pressing concerns of disabled people in Southwark. Not surprisingly many of you are concerned about the lack of social activities open to disabled people.

For this reason FOCUS, as the campaigning group of disabled people in Southwark, will be urging that all social centres in the borough, be made accessible to disabled people.

Lucille, Frank and Barry formed a steering group at S.D.A. to plan the first steps to help FOCUS establish itself. They have decided that a campaign to improve the accessibility of our local pubs would interest a lot of disabled people. Our apologies to those of you who do not like pubs, please write to us and let us know which social activities you are interested in.

On the following page is a questionnaire which we are hoping you will fill in, the next time you visit your local pub. If you visit other pubs please let us know and we will send you some more questionnaires.

The questionnaires will give FOCUS detailed information about the accessibility and friendliness of pubs in Southwark. FOCUS will then write to the worst pubs to urge them to make improvements for disabled people. The best pubs will go into a guide which S.D.A. will publish in time for Christmas next year.

S.D.A. have arranged the first meeting of FOCUS so that you can all come along to discuss the accessible pub campaign. The meeting will be held on Monday 14th January 1991 at 6.30 pm until 8.30pm. It will be held at Cambridge House, Camberwell Road, London SE5. We hope to see you then. Please bring any completed questionnaires to the meeting.

We cannot provide transport unfortunately. Please book Dial-a-Ride or Taxi-Card if you cannot use public transport

Please complete the slip below.

.....

I will be coming to the FOCUS meeting on 14 January 1991

Name.....

Address.....

.....

.....Tel.....

I will need a sign language interpreter...

I will need information on tape ...

I will need an assistant to push my wheelchair...

I will need someone to assist me to use the toilet...

Please feel free to bring a friend/helper.

SURVEY OF PUBLIC HOUSES IN THE LONDON BOROUGH OF SOUTHWARK

PLEASE COMPLETE THIS QUESTIONNAIRE AND RETURN TO:

BARRY HEYWARD
SDA
RM 48, AYLESBURY DAY CENTRE
BOYSON ROAD
LONDON SE17

PLEASE TICK EITHER YES OR NO IN ANSWER TO THE QUESTIONS.

NAME OF PUB.....

ADDRESS.....

.....

DATE OF VISIT.....

Is there any parking available?	yes	no
Are there any steps into the pub?	yes	no
Was the door easy to get into?	yes	no
Were you allowed to enter freely?	yes	no
Was there any area of the pub you could not get to easily?	yes	no
Was there enough room to move around?	yes	no
Was the height of the bar suitable for you?	yes	no
Was the lighting suitable for you?	yes	no
Was there a loop system in place?	yes	no
	don't know	
Were the bar staff friendly?	yes	no
Were the bar staff helpful?	yes	no

Were there adapted toilets available? yes no

Were the toilets easy to get into? yes no

Were tey easy to use? yes no

Were they clean? yes no

Were toliets for disabled customers separate from the main ladies and gents toilets yes no

Did other customers stare at you as you went in? yes no

Did strangers speak to you? yes no

Were you offered money/drinks by other customers? yes no

Were you aware of anyone complaining about you being in the pub? yes no

Would you go back to this pub? yes no

Would you recommend this pub to other disabled people? yes no

THANK YOU FOR YOUR CO-OPERATION IN FILLING THIS FORM IN.

LONDON BOROUGH OF SOUTHWARK SOUTHWARK COLLECTION

DIRECTOR'S REPORT

Once again Christmas approaches. It's difficult to believe how quickly this year has gone by.

Southwark Disablement has seen a number of changes in the last 12 months, not least of which was our finally becoming an organisation OF disabled people. Now we need to build on this and ensure that people with all forms of disability see SDA as their organisation and their "voice" on disability issues.

A large part of time lately has been taken up by uncertainties around funding. A large part of SDA's income comes from Southwark Council and due to proposals to cut back voluntary sector funding we have been in danger of losing our grant. This has meant that whilst trying to maintain the level of our services we have been negotiating and lobbying to prevent money being taken away from these vital services.

We were all very much involved in the rally organised by the Disability Benefits Consortium in Trafalgar Square on October 20th (see later in newsletter) the weather was kind to us and we thank those members who came along with staff and friends to make a visible SDA presence.

We have a lot of dates for your diary in this newsletter. In particular the consultation meeting on February 12th. This meeting which SDA is organising for Southwark Council is for you to hear what their plans are around the proposals for community care. The NHS and Community Care Act which came into being last April states that Local Authorities are responsible for meeting the needs of people with disabilities to enable them to live independently, and that as many people as posssible at present living in long-stay hospitals should have the opportunity of living in their own homes. But how is this to be achieved in Southwark - particularly where there are already cut-backs in present services and the introduction of changes for others. These changes will affect all of us. Please do come along and voice your opinion - this is your opportunity to say how you feel about services. Details of the meeting will be sent out to to you in the near future.

The Advocacy Project for young people is expanding rapidily and we are currently seeking to extend this service to all people with disabilities.

The Welfare Rights Service has also been busy over the last year, we received over 5,000 inquiries and requests for help.

This year also saw the setting up of the Pyramid Club and the Sailing Club.

As you can see it has been an eventful year, which has kept staff extremely busy. We look forward to what 1991 brings hopefully increased awareness and support of the needs of people with disabilities to lead full and rewarding lives in the way that they wish and not what other people think is best for them.

In this newsletter you will find your membership form for 1991, we do hope that you will renew your membership or become a new member. It is through our membership that we are also to let council and government know the needs of people with all disabilities living in the borough of Southwark.

On behalf of staff, committee and members of SDA may we wish you a very Happy Christmas and all the best for 1991.

Beverley Holland

STAFF NEWS

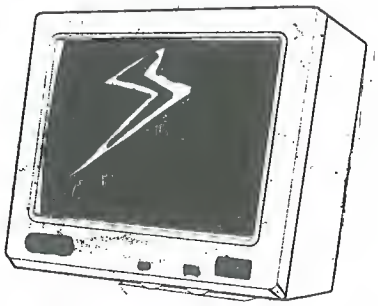
T.V APPEARANCES!!

Three of our staff have been on T.V recently!

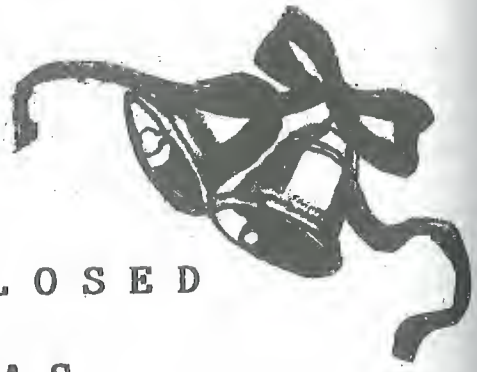
Lucille Lusk has been featured heavily in the publicity surrounding the Disability Benefits Rally; including studio discussion on Same Difference talking about the long term affects of the rally on the disability movement.

John McGovern was interviewed by One In Four during the recent Campaign For Accessible Transport demo in Oxford Street.

Beverley Holland has been featured on 'Same Difference' talking about the European disability scene.



Barry Hayward (Advocacy Worker & Volunteer Coordinator) received a degree in Modern European Studies on 9th November. Barry has taken over volunteer organisation from Sally. This means that he is now a full time member of staff!



S. D. A. WILL BE CLOSED

FOR CHRISTMAS

FROM 22nd DECEMBER TO 7th JANUARY

APPLES & SNAKES

P·E·R·F·O·R·M·A·N·C·E • P·O·E·T·R·Y

Apples and Snakes, Britian's leading Poetry Cabaret, has recently received funding from Greater London Arts to carry out research on writers and performers with disabilities.

This lively cabaret which is held on **Friday nights** at **Covent Garden Community Centre** in Earlham Street, WC2, has worked with over two hundred poets, comics and musicians from all over the country and from diverse cultural backgrounds since 1982.

As well as its regular slot at Covent Garden, the cabaret also provides other venues throughout the country with a variety of exciting shows. Apples and Snakes has established a fine reputation for giving a platform to those members of society traditionally denied expression: women, black people, lesbian and gay men, and is hoping to enrich its programming even further with the inclusion of performers with disabilities.

Outreach Worker, Wendy Metcalf, wants to hear from any writers, rappers, ranters, performance poets, storytellers, singers, comics or musicians with disabilities to find out more about your talents and what sort of access you require. It is hoped that once the venue is accessible, disabled people will become involved across the board - as part of the audience, as performers, and as part of the Management Committee. If enough people are interested, there may also be a special day of workshops and discussions for those interested in exploring the issues of poetry, performance and disability.

Please send details about yourself, including excerpts of your work (typed, hand written or on tape) to: **Wendy Metcalf, Apples and Snakes Poetry Cabaret, Room 2, Peter Pan Block, 23 Ladywell Lodge, Slagrove Place, London SE13 7HT**, or you can ring her on **081-690-9368** for further information.

The London Bubble

Bubble Theatre presents:

Old King Cole

by

Ken Campbell

at: North Peckham Civic Centre

dates: 20 December 1990 - 12 January 1991

tickets: £5.00

£2.50 Children + reductions

ALL TICKETS 1/2 PRICE ON 20,21 DECEMBER + JANUARY

'Old King Cole' promises to be a knockabout comedy for children, and adults!

There is limited access to the Civic Centre for wheelchair users. Further details can be obtained from **Sarah Dance on 071-237-4434.**

Two performances will be signed for those with hearing impairments.

For tickets contact the box office on:- 071-703-2917 or from:- **Southwark Leisure, 186 Walworth Road SE17.**

VOLUNTEERS

SDA are pleased to announce that the volunteer scheme has now been reintroduced, with Barry Hayward acting as Volunteer Coordinator. Sally Moore has kept the scheme ticking over with a merry band of willing volunteers and we can now look forward to expanding the services offered to members.

Volunteering is very much a three-way process between SDA, the volunteer and the members of SDA who requests the help of a volunteer. All three can benefit as SDA is able to expand the services on offer, the volunteer can gain valuable work experience, and of course the recipient of the service gets the help that they have requested.

It has been argued that volunteer work is a severe form of cheap labour, however, in today's financial climate, volunteer workers are often the only resource available. SDA would love to be able to employ more paid workers but at the present this is not possible. Furthermore many volunteer workers are able to find paid work, directly due to their experience as a volunteer.

What type of help can a member of SDA get from the volunteer scheme? The short answer is, almost anything. However we do not allow volunteers to do the types of work that Social Services home helps should do. Nevertheless, if you are having difficulty keeping your garden tidy, of if you need some small job done that you cannot manage yourself, then give Barry a ring.

We are also able to offer volunteer escorts if you need someone to help you get out and about, perhaps to go shopping or even to the cinema etc.

Volunteers are paid any travelling expenses incurred whilst acting on behalf of SDA and can be trained in pushing wheelchairs and basic sign language etc. Many come to us with valuable skills they have learnt elsewhere. We also have a number of drivers who are invaluable when transport is needed such as every Monday to take people to and from the Pyramid Sports Club.

If you would like to request a volunteer or if you are interested in becoming a volunteer, please phone Barry. He will be very glad to hear from you.

THE BRITISH MOTOR SPORTS ASSOCIATION FOR THE DISABLED

If you are interested in motor sport, either as a driver/learner driver or as a helper, you can join the BMSAD for a challenge, fun, activity and for general advice.

Although in its early stages, the BMSAD has come a long way. The RAC Motor Sports Association has recognised the association as a motor club.

To obtain information about getting a special licence and participating in motor sports or being a spectator, you should contact;

Tony Reynolds
Tel:
(Farnborough) 0252-540019

NEWS

Dial-A-Ride News

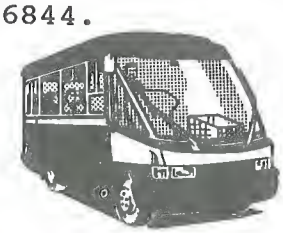
Further to the piece in the last issue on Dial-A-Ride "regionalised". This means that instead of being organised within London boroughs, Dial A Ride across London will be spilt into large "regions". Most of Southwark will become part of South East London Dial A Ride. The southern tip of Dulwich will be in South West London Dial A Ride .

South East London Dial A Ride will consist of the boroughs of Bexley, Greenwich, Lewisham, Southwark and Bromley, plus a small part of Lambeth.

The full implications of regionalisation for members of Southwark Dial A Ride are unknown at present. There will probably be a 48 hour book ahead period. The present operating area will certainly change. Trips to north and south-west London will probably be restricted. Trips to stations and the west end will probably be possible.

The present Southwark Dial A Ride managment committee has two representatives on the new regional board. They are sheila McCarthy and Gladys Doole. If you have any queries about regionalisation please call the Southwark Dial A Ride office, but bear in mind that Southwark Dial A Ride don't know very much themselves at the moment! When the new regional organisation is ready you will all be notified of the changes by the new management.

Southwark Dial A Ride Tel: 071-582-6844.



Southwark Dial A Ride are under pressure from London Transport to increase the number of trips they carry out. One way to achieve this would be to reduce their area of travel.

Their book-ahead will remain the same, at one week, for the time being. They may have to reduce to 48 hours in preparation for regionalisation.

Their booking office opening hours however are to change. The new hours will be 10.00 a.m. to 12.00 noon and 2.00 p.m. to 4.00 p.m. This will happen from Monday 5th November. The new phone system has allowed them to do this. Most of their bookings are taken in the first hour after opening morning and afternoon.

The new phone system has a queueing system.

If you hear the ringing tone PLEASE HANG ON. It means you are held in a queue and will be answered in turn.

Don't forget, if you cannot get your booking, phone them again to see if there are any last minute cancellations. IT IS ALWAYS WORTH TRYING!!

The World Wheelchair Traveller

This invaluable guide to travelling for wheelchair users, co-produced by the AA and Spinal Injuries Association, is now available.
It gives helpful hints on travelling by air, sea, rail or road.
To obtain a copy send a cheque/postal order for £3 plus 50p postage (total £3.50) to:-

SIA
Newpoint House
76 St James Lane
London
N10 1DU

News From Southwark Libraries

The library service have just completed work at two of their libraries making them accessible to disabled people.

The two libraries are:-

Newington Library
155 - 157 Walworth Road
SE17

Borough Road Library
7 - 12 Borough Road
SE1

They have also asked us to mention that all of their other libraries are accessible (fully or with the help of staff) except the following:

Nunhead Library

Dulwich Music Library

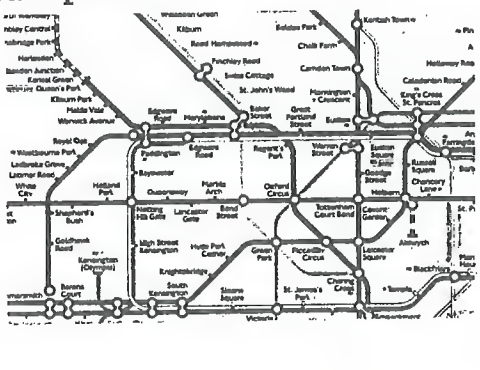
Wells way Library

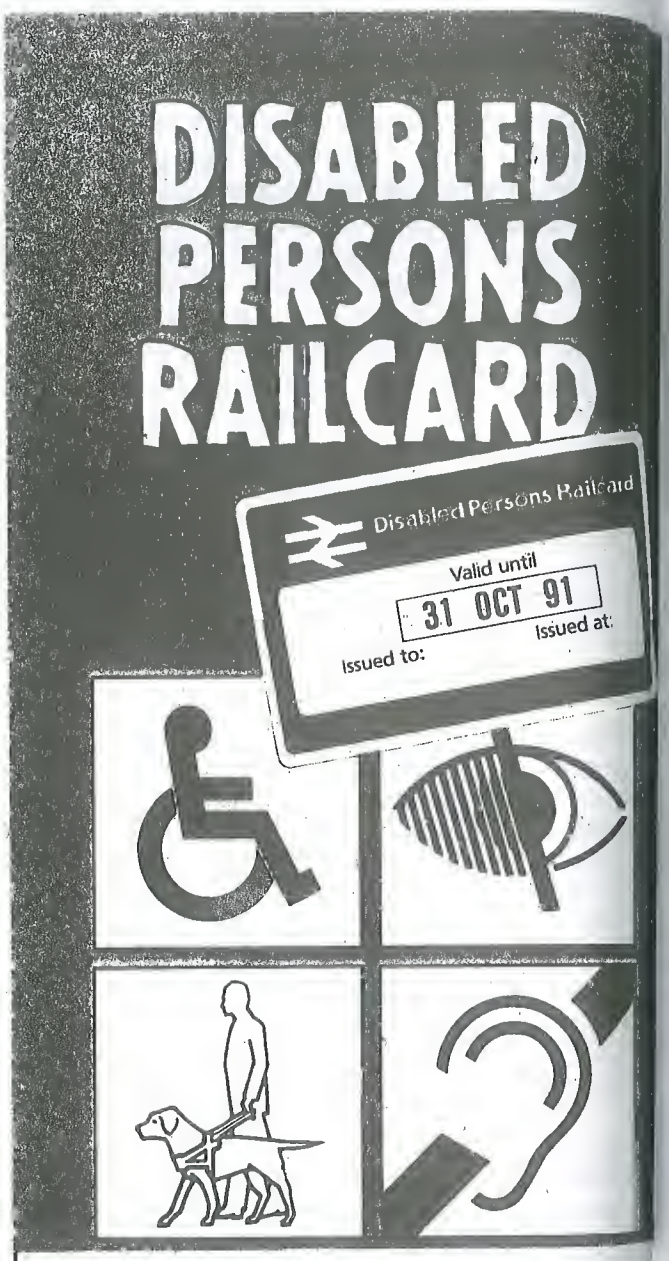
They also provide a "Housebound Library Service", for more details of this telephone 071-237-2010.

Further information on library services can be obtained from:- Libraries Division, Telephone 071-703-3499.

Touch the Tube

A tactile map is now available covering the area enclosed by the Circle Line. The map is free from: London Regional Transport.





Under the new rules for getting Railcards, you can not now get them from stations. The new procedure is to fill in a form and take this to a post office to be endorsed.

We have heard of some people having problems with the post offices not knowing that this is the case.

If you are told they do not do it, they are wrong and you are right!!

DISABILTY BENEFITS RALLY

LUCILLE LUSK DISCUSSES THE WIDER IMPLICATIONS OF THE RALLY, AND THE WAY FORWARD FROM HERE

PHOTOS: FRANK ROPER

On October 20th 1990 the Disability Benefits Consortium held rallies in three major cities in Britain. These were Manchester, Glasgow and London.

The purpose of the rallies was to let the Government and the general public know that disabled people throughout the nation are fed up with being ignored when it comes to having a decent income.

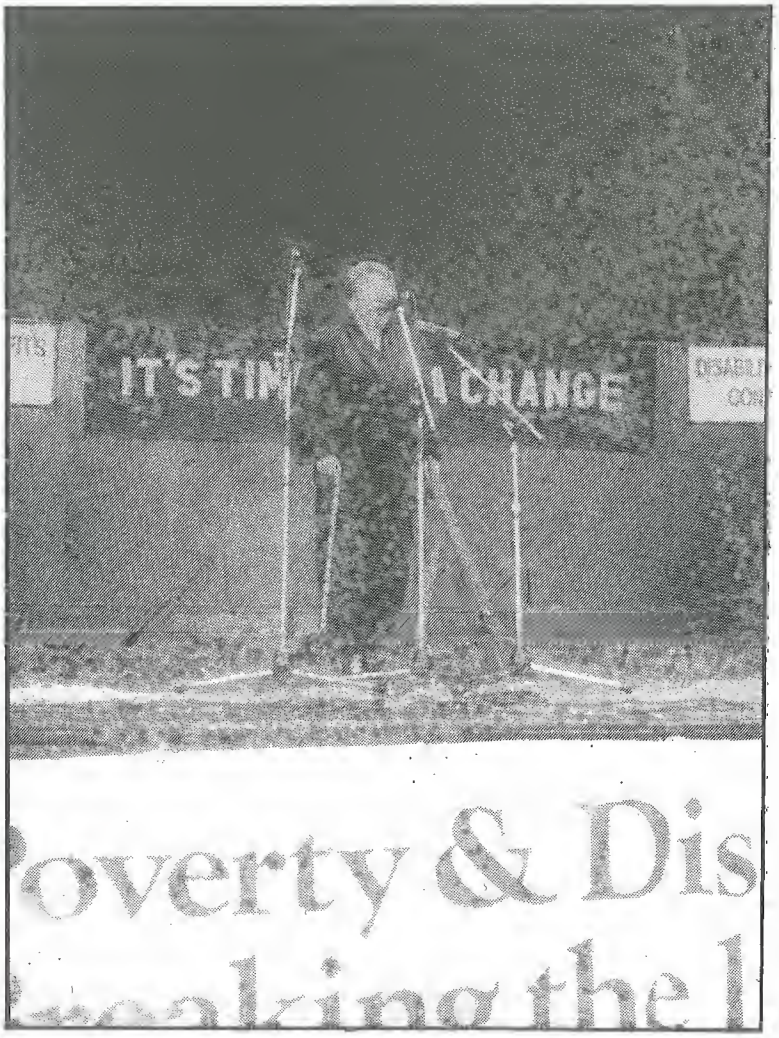
The Consortium is made up of organisations of and for disabled people, including, The British Council Of Organisations of Disabled People, R.N.I.B, MIND, R.N.I.D. Disability Alliance, Spastics Society, Disablement Income Group and many others. The consortium members have very different views on many different aspects concerning disabled people but on the subject of a decent disability benefits income scheme are all agreed. Hence the rallies.

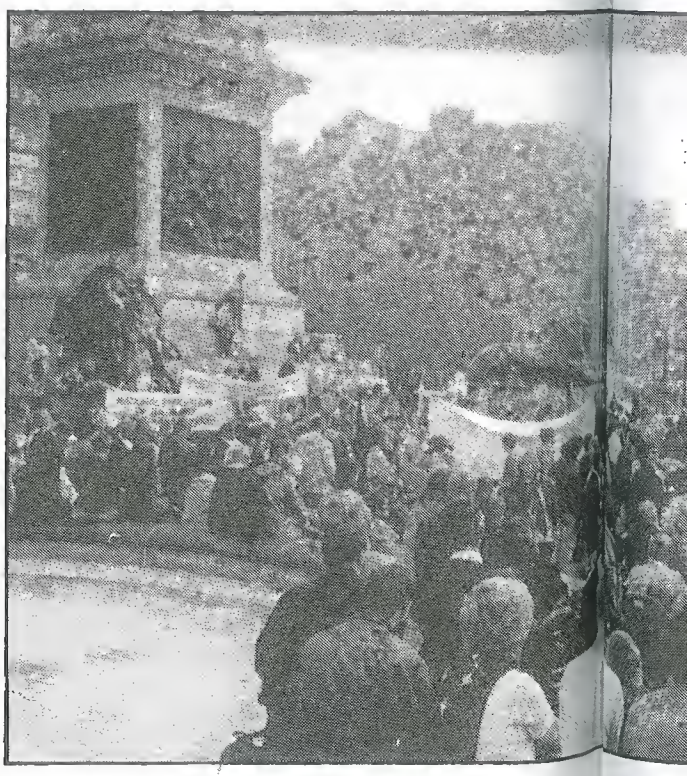
As SDA's representative to the B.C.O.D.P. I was asked to represent them on them consortium and ultimately was asked to take on the responsibility of supervising the worker who was employed to organise the event.

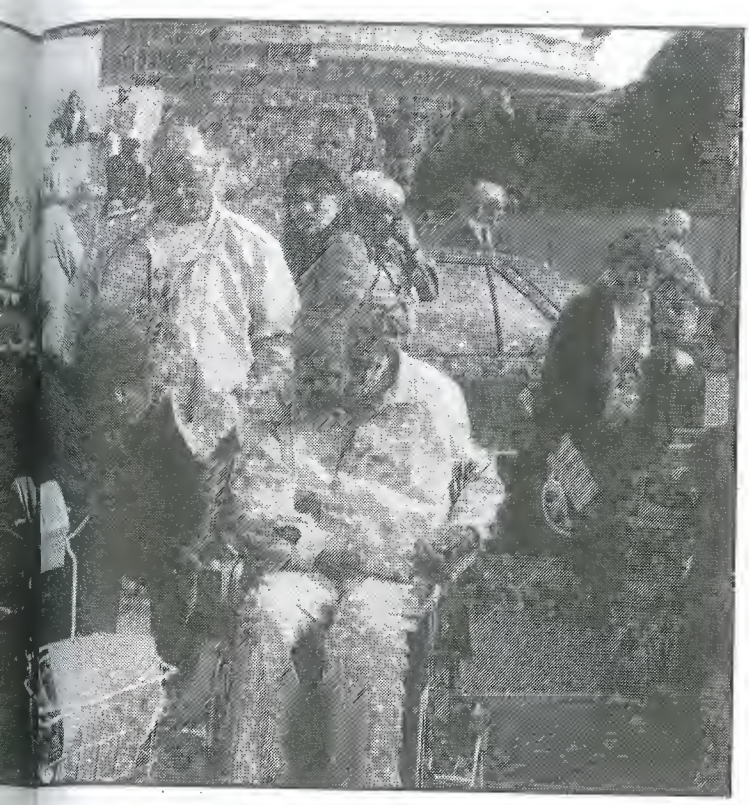
Many of you may remember the "RIGHTS NOT CHARITY" march in 1988 when disabled people marched from Kennington Park to the Elephant and Castle headquarters of the DHSS protesting about the lack of rights disabled people have.

That was a historic event in that it was the first time disabled people had gone out on the streets in this way to protest. The 20th October 1990 was an even more historic event in that it involved disabled people from every corner of Britain. Many people travelled long and difficult journey's to all three venue's,but

TOP ROW (Left to Right) Pele ca
country, Lucille Lusk and hn Ev
Hughes.
BOTTOM ROW (Left to Right)ucill
stick!, Part of the crowd,ack A
Rally.

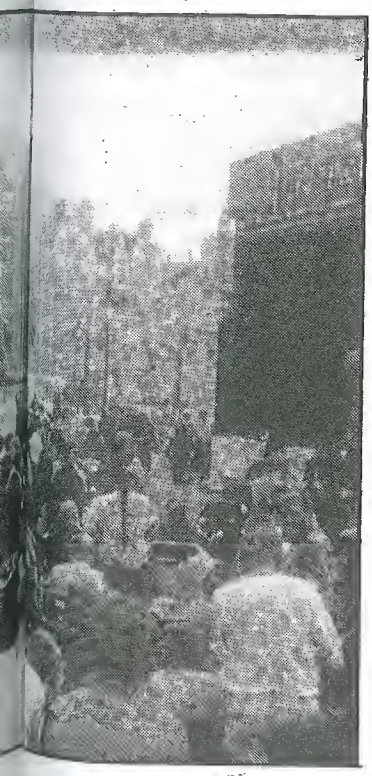






Pele came from all over the
and hn Evans (BCODP), Simon

ght)ucille gives it some verbal
owd,ack Ashley who spoke at the



significantly even more people were unable to take an active part because they could either not afford it or could not get transport.

However in London there was another reason for people not coming to Trafalgar Square and that was the threat that anti poll tax demonstrators may march through the square. This was in fact something which was prevented by the Consortium who met with the organisers of the anti poll tax demonstration and asked them to re-route their march as far as possible away from the square. Initally we had hoped to persuade them to change the date of their protest but they would not be persuaded. On the day they kept their protest to the south of the river and well away from Trafalgar Square, so the fears of many people turned out to be groundless.

I have said this turned out to be an historic occasion and this was true. Disabled People turned out in their thousands. In Glasgow there was the biggest ever number of disabled people marching through the streets to George Square. There they listened to speeches from disabled people from all sections of the community and to politicians, mainly from the Labour Party.

Manchester also had the largest number of disabled people ever out on the streets that day and again had speekers from many different areas of the disability movement and some more politicians.

London followed the same format of disabled people and politicians,notably Simon Hughes one of Southwarks own local M.P's.

All the venus had entertainment provided by disabled artists which was vibrant and exciting.

Overall the day was hailed as a major step forward in that disabled people at last were staring to believe in their right to demonstrate their feelings in the same way that able-bodied people have for so long taken for granted.

From all three venues people reported a tremendous feeling of belonging and a strength which came from the knowledge on no longer being alone.

Appeals have been made to me and to others to oganise similar events in the near future so that the Government and the general population are constantly reminded that we as disabled people are not going to be shoved away and forgotten about. We have the same rights as every other citizen of this country and we intend to ensure we get those rights.

Although we have the same basic rights as all other citizens we are constantly denied them and it seems that it is becoming more and more evident that if disabled people are to be enabled to make the most of these rights we must have legislation to protect those rights. There is anti-discrimination legislation to prevent discrimination against women and black people but we are not afforded the same protection of our rights.

Starting from 1991 I believe we shall see a greater movement towards anti-discrimation legislation and I hope all disabled people will actively support this move.

LUCILLE LUSK.

DISABLED FACILITIES GRANTS

What are they, and could they turn your home into a luxury mansion?

Frank Roper explains

Who can apply

Anyone who is a registered disabled person or can register as a disabled person. You can check this with your local area Social Services office.

Applications can be made by:-

* owner - occupiers.
* tenants - private.
* tenants -council or housing association.
* any family that includes a disabled person.

What are they for?

The grants are designed to cover the cost of work that is necessary and appropriate to meet the needs of the disabled occupant. This is assessed by an appointed adviser, who may well be an occupational therapist from social services.

It is worth noting that, in addition to the above, work proposed has to be reasonable given the age and condition of the building.

If this is not the case you may be advised to apply for a renovation grant.

Mandatory Grants

Provided all conditions are satisfied the council must provide grants for the following:-

* making it easier to get in and out of your home.
* access easier to living - room, bedroom, kitchen and bathroom.
* providing suitable bathroom kitchen facilities.

Discretionary Grants

These grants are available for a wide range of work. The council should be able to help you with details of work covered.

How much will you get?

This depends on your income and savings (any savings under £5,000 are ignored). Contact us for more information on this.

How to apply

It should be noted that, certain types of the work described in this article can be provided under the Chronically Sick and Disabled Persons Act. You should therefore always go through your local social services office when you consider that you need adaptations to your home. Social Services may well apply on your behalf for a DFG to cover the cost of any adaptations made. The short fall between the grant and the actual cost could be made up by social services but you could be left with something to pay yourself.

For help and information please contact Frank at SDA offices.

RIGHTS ROUND-UP

MEDICAL TESTS FOR DISABILITY BENEFITS TO BE SCRAPPED.

From April 1992, when Disability Allowance replaces Mobility and Attendance Allowance, the medical tests described as by many disabled people humiliating are to be dropped.

The tests are to be replaced by written evidence from people like doctors, social workers and voluntary organisations. However people can still ask for the medical examinations if they want them.

Minister for Disabled People Nicholas Scott said the Government had been influenced by disabled people and disability organisations, and has asked for comment. Any comments should be directed to the Department of Social Security.

SEVERE DISABLEMENT ALLOWANCE

As reported in the last edition of the Newsletter, people in receipt of Severe Disablement Allowance will have an **AGE RELATED ADDITION** added to their benefit.

The rates for this age related addition are the same as those for Invalidity Benefit. The rate at which age related addition is paid depends on what age you were when you became incapable of work. These are listed below for your information.

UNDER 40	**£10 A WEEK**
AT LEAST 40 BUT UNDER 50	**£6.20 A WEEK**
AT LEAST 50 BUT UNDER 60 (OR 55 FOR WOMEN)	**£3.10 A WEEK**
60+ OR 55+(WOMEN)	**NO ADDITION**

WILL ANYTHING AFFECT THE AMOUNT I GET ?

No, in theory everyone who is entitled to this age related addition should get it. There is however, a massive catch for people receiving Income Support. You will receive the age related addition on Income Support, but, because Income Support is paid to top up your income whilst on Severe Disablement Allowance you cannot get more than your maximum applicable amount. This means that your Income Support will be reduced by the amount you receive in age related addition, so you won't be any better off.

People not on Income Support will be better off by the relevant amount payable depending on when they became incapable of work.

JOHN McGOVERN

Elephant & Castle Leisure Centre

If you have read the Southwark Sparrow every week from cover to cover you will be aware that the council are considering plans to replace the Elephant & Castle Leisure Centre with a bigger and better model.

The council have come up with their shopping list.

Council Shopping List

25 metre competition pool
15 metre teaching pool
leisure pool, changing rooms
cafeteria, sports hall
health spa, weightroom
combat/practise room
dance studio
indoor bowls
squash courts
creche, soft play area
community room, conference suite
theatre, local library

What is your List?

What would you like?

what about an accessible leisure centre for stair lifts?

wc's?, ramps, rails? vivid colours?

chair hoist in the swimming pool?

hydro therapy pool?

a wide range of adapted sporting facilities

a multi gym which is easily usable by people with mobility difficulties
an accessible bar/cafeteria?

All comments/desires should be made known before plan are passed.

Please write/phone/tell Sally your list of priorities.

What Is The

Draft Unitary Plan? (UDP)

Southwark Council is trying once again to get some consultation about this Unitary Development Plan.

Although it has a strange sounding name and doesn't see to relate to anything,it is a very important document.

The UDP will be used to guide and control building development in Southwark for the next 10 years.

All Future building plans will have to adhere to the policies set down in the Unitary Development Plan.

Any building plans including; housing offices, shops, open spaces and buildings must be accessible to everyone. The UDP should therefore contain details about ensuring every new venture is accessible. the draft has no such policy.

Please make your feelings known to me or better still directly to Barbara Stephenson 071-703-0911 ext. 2147 Graca Machel House, 207 Havil Street SE5.

If you would like to look at the plans you can obtain a copy from Barbara Stephenson. We also have a copy at the office.

Pavements and the Pedestrian Rights Campaign Group

Pavements are they the bane of your life?

Tripped up recently? The pavement people are contactable and will try to rectify the problems.

Dave Clarke is the person to ring 071-703-3434 or alternatively join the Pedestrian Rights Campaign Group. Put forward your feelings and needs as a Pedestrian in Southwark.

Keep Warm, Keep Well

FOR FREE BOOKLET AND ADVICE

RING

THE WINTER WARMTH LINE

FREE 0800 289 404

OR WRITE TO:

KEEP WARM, KEEP WELL, FREEPOST, LONDON SE5 7BP

SUBURBAN RANKS FEDERATION PUSH FOR BETTER SERVICES TO TAXI USERS

The Suburban Ranks Federation is a newly formed organisation of suburban taxi drivers. They are pushing for the boundaries for 'yellow badge' holders (Outer London taxi drivers' licence) to be moved in towards central London.

This would increase the number of taxis in areas such as Southwark, which are currently out of bounds to yellow badge holders. This would obviously be better for Taxicard holders in Southwark where taxis are few and far between.

They are also proposing that yellow badge holders are allowed to do pick-ups at Central London Stations. This means that the chances of obtaining a taxi that WILL take you to outer London areas is greatly increased.

If you wish to support the SRF please write to:

Mr Brian Phillips
Public Carriage Office
15 Penton Street
London
N1 9PU

More details of the proposals from the SRF can be obtained from:-

Mr George Warwicker
14 Godwin Road
Bromley
Kent
BR2 9LQ

Tel. 081-466-6297

CUTS IN THE HOME HELP SERVICE

Are Social Services cuts to the Home Help service causing you any difficulty ?

ARE YOU FINDING IT DIFFICULT TO COPE ALONE ??

IF YOU ARE, WRITE TO JOHN McGOVERN OR FRANK ROPER AT:
SOUTHWARK DISABLEMENT ASSOCIATION
ROOM 48
AYLESBURY DAY CENTRE
BOYSON ROAD
LONDON
SE17 2BA

WE NEED AS MANY COMPLAINTS AS POSSIBLE, WE ALSO NEED YOUR REPLIES BY JANUARY 31st 1991. Please note we will only deal with this problem by letter, this is to allow you all to put your own individual points across.

LONDON BOROUGH OF SOUTHWARK
SOUTHWARK COLLECTION

I can hear you saying "What is this Community Care everyone is talking about?"

It is essentially all about how the Government sees the provision of services being provided in the future. Obviously this has a great effect on disabled people and how they live.

The local authority and the Health Authority has been instructed to change the way they have provided services and make services better and more appropriate to the user. In order to achieve this we have seen Southwark Council set up various new appointments and also the setting up of Forums to discuss possible ways forward. Southwark Disablement Association has been heavily involved in these Forums but is concerned that the voice of all disabled people in Southwark has not yet been heard.

The people who are now planning the type of services we as disabled people will recieve need to hear YOUR voice, loud and clear.

Earlier this year we at SDA planned a conference on Independent Living in order to give disabled people here in Southwark the opportunity to come and speak their minds on services. We had to cancel this at the last moment because of lack of funding and lack of interest.

Many people have said that this is typical of the attitude of disabled people who feel that no-one listens to them. I agree with that feeling but my reaction when I am not being listened to is to press on repeating and repeating as often as is necessary until the listener eventually hears what I am saying.

Is listening enough? We all have had experience of health and social service professionals listening to us - but that is all they have done. They have attended conferences, listened to representatives of disabled people, but nothing has happened as a result. One thing that we now have the opportunity to do is to make the consultation aspect of this legislation real. This means that staff and officials within both the health service and social services have got to change the way they think of us. The attitude of the professional that disabled people are not qualified to know what is best for them has got to be stopped. We are not children, we are adults! As adults we have the same basic human rights as everyone else but that is often forgotten.

Social Service departments throughout the country have started initatives, they have tried, they have been well meaning but all that well-meaning stuff has got to end. Consultation has got to be real. It has to be seen that we are being listened to. That it is acknowledged that we are the experts - the professionals - not the people with paper qualifications. We have qualified as experts simply by having to live every day of our lives as people with particular physical, sensory or other impairment whose basic needs are not met. It is no longer enough for us to be given an assessment, (eventually), give us a few hand rails or whatever and then leave us to get on with our lives as best we can. We must be given the proper services in order to allow us the freedom to lead our lives in the way WE choose.

Professionals have got to take a a good look at how they work. Everything has to change. Maybe they should step back and think "Would I like to receive this service as it is planned? Will

it enable me to lead my life in the way I want to lead it?" The answere will almost certainly be a resounding "NO".

Most people with a disability in this country are not naturally afforded the opportunity to participate in committees and decision making processes - all that has to be looked at and facilitated.

Community Care not only covers Health and Social Serices but it includes Housing and Transport. None of these service providers fully understand what trying to live as a disabled person actually means to us as individuals. There is an attitude of thinking that if you give a disabled person a house and a couple of hours of home care a week, then that is enough. What is not looked at is that a person who is unable to get transport to go where they wish is in effect, a prisoner within their own home. This is also true if you are a wheelchair user who can not propel yourself out of doors. If you need an assistant to go shopping and you have either a learning disability or a mental health problem what happens?

So what are we as disabled people going to do about this? Are we going to sit back and allow the services providers to make decisions without us? are we going to take up the challange and participate in the consultation process?

As a first step Southwark Disablement Association are once again planning to hold a one day conference for disabled people in Southwark on Independent Living. We are hoping to hold this on March 23rd 1991. Details will be published early in the new year. We do hope that as many disabled people as possible come along and join in the discussions on that day. There will be an opportunity to express your views on home care services, personal assistance, housing, employment, transport and other pertinent issues.
It is hoped that from this conference will come some positive sugestions as to the way forward and we at Southwark Disablement Association will,through our campaigning group,-Focus, take up these sugestions and fight for their implementation. We shall also look to include new members in the campaign by encouraging people to join Focus.
If you do not take this opportunity to have your say, you may regret it. So put this date in your diary now.

LUCILLE LUSK.

IN TOUCH HANDBOOK

The 1990 edition of the In Touch Handbook is now available. This invaluable guide covers everything from choosing and adapting equipment to hotels that are adapted for people with visual impairments.

Cost:£8.50 for individuals
£10.50 for organisations
To:In Touch 1990, PO Box 7, London W3 6XJ.
Cheques should be made payable to Broadcasting Support Services.

The guide is also available on tape or brailled. If you wish to obtain the guide in these two formats you should contact:
Customer Services, RNIB, PO Box 173, Peterborough PE2 0WS-for tape.
Scottish Braille Press, Craigmillar Park, Edinburgh EH16 1NB

EDDIE BRINDLEY

PROJECT

The Eddie Brindley Project offers temporary accommodation and support for single homeless people. They provide a 'breathing space' for people in which to decide what type of permanent accommodation would suit them best.

The average length of stay is between 9-12 months. The age range is usually 21+.

The project has a waiting list and cannot offer emergency accommodation.

The project has three houses in the Camberwell area of South East London. There is a 7-bed house for men, a 5-bed house for women and mixed 6-bed house (4 women and 2 men).

All the houses have single bedrooms, and are fully furnished and equipped. The kitchens, bathrooms, and toilets are shared by no more than 3 people. There is also a shared T.V lounge, laundry room and phone.

The project tries to cater for a wide range of people. They welcome applications from people with disabilities; however, people with mobility problems are advised to contact the project before applying (They regret that there is no wheelchair access).

Black and ethnic minority men and women, gay men and lesbians are particularly encouraged to apply for places.

All applicants must be prepared to live in multi-racial household, and they would not wish to house anyone who objects to their policy of housing gay and lesbians as well as heterosexual residents.

If you are interested in applying, please contact the project on 071-708 1636 to see if the waiting list is open. If it is, they will send you an application form which should be returned to:

Eddie Brindley Project
166 Benhill Road
London
SE5 7LL

You should then receive a reply within 2-3 weeks letting you know when they can interview you; the interviews are held at the office in an informal setting, you will also visit one of the houses.

MAGDALEN TENANTS & RESIDENTS ASSOCIATION

Magdalen Tenants Association is hoping to set up a carers group. If you live in this area and want to be involved please contact:

Magdalen Tenants Association
The Hall
Purbrook Street
London
SE1

OPERA FOR BEGINNERS

If you are a member of the Shape Ticket Scheme, you have an opportunity to see Opera at the Coliseum for a reduced price!

The two shows are:

* The Love for Three Oranges (Sergei Prokofieu)
  Wednesday 16th January 1991

* Madam Butterfly (Giacomo Puccini)
  Thursday 17th January 1991

More details and booking form can be obtained from:

Shape Ticket Scheme on 081-960-9249

Dear Member

It is with regret that we have had to increase membership subscription fees to £2 for individuals and £10 for groups and organisations.

As you may be aware, SDA's membership has remained the same for close to 10 years now, but rising postal and production costs has necessitated an increase, in order for us to continue to provide regular newsletters.

We do hope that you will continue to support us by joining/renewing your membership.

Yours sincerely

D. A. Lewis.

COMPANY SECRETARY.

S O U T H W A R K D I S A B L E M E N T A S S O C I A T I O N

MEMBERSHIP SUBSCRIPTION FORM

NAME: ----------

ADDRESS: ----------

INDIVIDUALS

Date Of Birth ----------

Do you have a disability? Yes / No (Please circle)

If Yes, what is it called? ----------

Do you use a wheelchair? Yes / No (Please circle)

If you have sight difficulties, would you like the newsletter on Tape? Yes / No

ORGANISATIONS

Are any of your members disabled? Yes / No

If Yes, approximately how many? ----------

How many are in the following age groups? (disabled only)

Under 25 ☐ 40 - 60 ☐

25 - 40 ☐ Over 60 ☐

What is your/members' ethnic origin(s).

White UK ☐ Black UK ☐ Asian ☐

African ☐ Caribbean ☐ Other ☐

I enclose £2 (individuals) / £10 (organisations) (Please circle)

Signed ---------- Date ----------

ISSUE 58
SUMMER 1991

In This Issue

Independent Living Conference
London Bubble Theatre
BCODP Rally

Published with
Funding from
The TELETHON TRUST

LWT · THAMES

SOUTHWARK DISABLEMENT ASSOCIATION

Room 48, Aylesbury Day Centre, Bradenham, Boyson Road, SE17 2BA

Telephone: 071-701 1391

President: The Mayor of Southwark

*Editorial & Staff news — 2
*Director's Report — 3
*Arts — 4
*The London Bubble — 5&6
*Southwark News — 7
*Other News — 8
*The Pyramid Club — 9
*Independent Living Conference Report — 10-13
*Focus Report — 14
*Bits and Pieces — 15
*Rights Round Up — 16
*BCODP News — 17
*A Tribute to John Maurice — 18
*More News — 19
*Southwark Social Services Invitation — 20&21
*A Poem by Lilian Goodall — 22

EDITORIAL

Welcome to the all new SDA newsletter. This is the first edition produced on a desk top pubishing system, and I would be pleased to hear from you with your views on it.

This is also the first edition that SDA`s new volunteer-Sarah Murphy-has worked on. She will be helping me with future editions, and with the information service.

Many of you will have attended the INDEPENDENT LIVING CONFERENCE, you will find the report on the day in the centre pages and you may spot yourself in the photos.

As always I would be happy to print YOUR letters, so lets see them !!

ALL THE BEST FOR THE SUMMER

FRANK ROPER

ANY VIEWS EXPRESSED IN THIS PUBLICATION ARE NOT NECESSARILY THOSE OF SOUTHWARK DISABLEMENT ASSOCIATION

Editor-Frank Roper
Assistant Editor-Sarah Murphy

STAFF NEWS

"Hi! My name is Chris Ratcliffe and I have taken over from Sally as the Sports, Leisure and Access worker here at SDA.

I have just finished a BA hons course in Recreation Management at Sheffield City Polytechnic. Before taking my degree I was a voluntary worker for Friends of the Young Deaf, a charity which aims to promote the interests of young deaf people.

Now that I am here ("at long last'' some of you may cry !) I intend to serve you all to the best of my abilities. My initial aim is to re-establish the Pyramid club and then hopefully to develop some more sports and leisure projects.

As the access worker I am dedicated to the SDA's quest for an accessible environment.

I want to provide the best possible service so please feel free to come and see me at any time.

I would welcome any suggestions and new ideas.

I look forward to meeting you all soon."

Chris

Chris

DIRECTOR'S *REPORT*

Dear Friends

It seems a long time since last I wrote to you and such a lot seems to have happened since then.

In March we had a very successful conference on independent living attended by about 100 people. The conference was paid for by a number of private companies and local authority departments. Participants at the conference were given the opportunity to express their views on a number of subjects relating to independent living . It was no surprise that one of the major barriers to disabled people achieving independent living was that of transport. I hope that Debbie Welch, Vice Chair of Social Services and Chris Bull, Assistant Director of Social Services will take this matter seriously.

In May SDA had a visit from Tom Clarke MP. He came along to meet staff and users of our services, particularly those of advocacy and we received a mention in a debate on the Disabled Persons Act in the House of Commons.

We are delighted that Chris Ratcliffe has joined us as Sports, Leisure and Access worker. One of his first jobs will be to get the Pyramid Club up and running again. Welcome Chris!

Staff at SDA have been kept very busy over the last few months. The number of requests for help have increased and we are pleased to see so many of you calling in to our office.

One major problem was that all our computer equipment was stolen. This put a lot of pressure on staff as a lot of correspondence had to be handwritten and seven of us were fighting over one old typewriter. I am pleased to say that the insurance money has arrived and we have been able to replace the equipment.

Funding remains very difficult : although we managed to avoid a cut in our grant from social services, there was no growth money and we are busy looking for ideas for fundraising to help us cover costs. If you think there is any way in which you can help please let us know. Perhaps your local pub would be willing to run a charity night or even just put a collecting tin on the bar. It will all help.

Although it is June there has not been very much sign of summer. I hope the weather will improve and you will all be able to enjoy any holidays you have.

ALL THE BEST

BEVERLEY HOLLAND

THE ARTS

THE BARBICAN

Selected highlights of events at the Barbican.

At the Cinemas- Rosencrantz and Guildenstern are dead. Directed by Tom Stoppard.

Free Foyer Events- Urban Landscapes

Galleries- The Art Machine
The Subjective City
Beyond Japan : A photo theatre

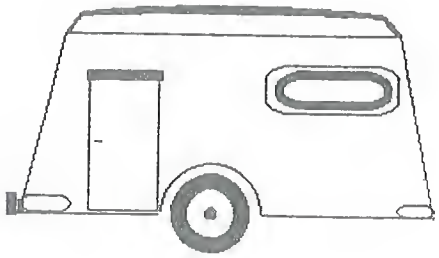
Theatre- The Seagull by Anton Chekhow. directed by Terry Hands.

Music- LSO Pops Concerts

Further details of all the events mentioned and other events in the following months can be obtained from the box office. Telephone 071 638 8891.

Access to the Barbican is good but we advise you to contact Artsline on 071 388 2227 for further access details.

ARTSLINE PROVIDES TELEPHONE INFORMATION ON ACCESS TO THE ARTS AND ENTERTAINMENT. Telephone 388 2227.



The Thames Valley Group of the Disabled Drivers Association owns a spacious holiday caravan in Selsey Bill on the South Coast. The caravan has been specially designed to meet the needs of disabled people, wheelchair users in particular. There are odd vacancies in July, August and September. For further information please contact Mr Ian Richardson, 9, The Haven, Thompson Avenue, Richmond, Surrey TW9 4JR. Tel 081 876 6240.

New Magazine by Disabled People for Disabled People

Link Magazine an off-shoot of the Link TV programme (shown on Sunday mornings) is now available monthly.

The first issue covered such diverse issues as benefits and guide dogs, disabled people in Nicaragua and house adaptation.

A subscription to Link Magazine will cost £19 (cheques, postal orders payable to Link Magazine) which should be sent to : Link Magazine Subscriptions, PO Box 116, Plymouth PL1 IDR.

You should also be able to order it from your friendly, local newsagent! For details of the tape version contact :Talking Newspapers, Unit 3,Station Road Industrial Estate, Heathfield, East Sussex, TN21 Tel:(0435) 866012

The London Bubble Theatre Tent

1991 - on tour in London's parks and green spaces.

The Bubble Theatre tent is one of the most accessible venues in London with wheelchair access to the theatre , bar and toilets.

There is an induction loop in the theatre and scripts can be made available to audience members if advance notice is given. A tour of the stage set with a description of the positioning of actors can also be arranged.

Bubble has a minicom for bookings and enquiries and the season will feature some signed performances with Wendy Ebsworth.

The Bubble Tent will be at Peckham Rye Common from 27 - 31 August.

summer

DRAMA PROJECT

This year the London Bubble projects team is organising a
SUMMER
DRAMA PROJECT
in Peckham for 16-25 year olds

The participants will devise a play to be performed in the theatre tent on August 31.

This is an opportunity to learn about acting, lighting, technical skills, design and stage management.

Those interested should contact Sally Goldsworthy on 071 237 44434

LISTINGS INFORMATION

TWELFTH NIGHT by William Shakespeare

27, 28, 31 August at 7.30 pm.

SWEET BROKEN HEART by John Burrows with music by Andy Whitfield.

A romantic comedy musical which evokes the broken dreams and extravagent ambitions of the Thatcher years. (not a suitable show for children)

29 and 30 August at 7.30 pm. (signed performance on 30 August)

ANANSI THE SPIDERMAN adapted by Alastair Campbell

The stories of Anansi, a popular African and Caribbean folk hero are told through music and dance and will delight 5-12 year olds.

28, 29, 30 August at 2pm

OFF THE PEG CABARET

With top acts from the London comedy circuit, the Bubble special late-night cabaret shows are back by popular demand!

30 August at 10.30 pm.

COMMUNITY SHOW

31 August at 3 pm

LONDON BUBBLE

Southwark News

NEW LEAFLETS FROM SOUTHWARK HOUSING

Southwark Council Housing Department has produced a series of leaflets :

* Domestic violence
* Accessible Housing
* Housing for the Elderly
* Running Your Own Estate
* Housing for people with HIV
* New Homelessness Service
* New Neighbourhood Housing Offices

Copies of these can be obtained from The Housing Department offices and libraries.

IRISH WOMEN'S GROUP

There is a group being set up for Irish women in Southwark. The aim is to raise awareness of anti-Irish racism issues and to discuss areas such as why women leave Ireland and their experiences of living in England.. The group will meet at the Thomas Carlton Community Education Centre, Alpha Street off Rye Lane SE15 every Thursday from February 28 , 1-3pm. A creche will be provided. If you would like to know more contact Jeanne Rathbone on 0712282327.

SPINAL INJURIES GROUP FOR SOUTH-EAST LONDON

Janet Green of the Spinal Injuries Association wants to set up a local group for South-East London.

The group would aim to provide support for injured people and their families, inform and educate the public, raise money for research and local projects and organise social get togethers.

She would like to hear from anyone interested in joining a working party to plan an inaugural meeting. Any suggestions, comments or words of encouragement. would be very welcome. Contact Janet Green at SIA, Newpoint House, 76 St James' Lane, London N10 3DF. Tel 081 444 2121.

Southwark Council Grand Riverboat Shuffle! On July 11, 18, 25 and August 6, 13, 20, 27 spend an afternoon cruising down the Thames and see the sights of London from a riverboat. There will be a bar, live music, sing-a-longs and refreshments.

The trip costs £2.50 and 1 free ticket will be given for every 10 bought (discount for advance bookings only).

For more details or to make a reservation contact : Box Office, 186 Walworth Road, London SE17 1JJ. Tel. 071 703 2917

WELLS WAY LIBRARY TO CLOSE

At a recent meeting of Southwark Council it was decided to close down Wells Way library on 29 June 1991.

If you have any queries regarding this matter contact Sue Holman, Team Librarian, Newington District Library, 155-157 Walworth Road, London SE17 1RS. Telephone 071 703 3324/ 5529/6514.

Travel for Older People-A Guide

"Out and About" is a new guide to travel for older people. Whether planning a trip to the local shops or a journey abroad, this book provides a step by step guide to any arrangements that need to be made. Copies are available from : Age Concern
1268 London Road
London SW16 4ER

Cost : £6.95 (inc.p&p)

TUNSTALL TELECOM AWARDS

Tunstall Telecom in conjunction with Help the Aged invite nominations for the 1991 Tunstall Telecom caring award. Now in its 11th year, the award is designed to recognise the many professionals and volunteers who care for the elderly. Individuals and organisations throughout the UK are asked to nominate anyone they feel deserves recognition for their good work.

The semi-finalists will receive a Tunstall Telecom Lifeline system and an expenses paid invitation to the award ceremony which will be held in London on September 5th . The winner will be presented with a cut glass rose bowl and a holiday valued at £1000. For more information and nomination forms contact: Michael Dawson, Tunstall Telecom Limited, Whitely Bridge, Yorkshire. DN14 OHR. Telephone 0977 661 234.

TSB INTRODUCES NEW SERVICES FOR VISUALLY IMPAIRED PEOPLE

The TSB has introduced two new services : Large print statements
Braille statements

These are in addition to their existing services : Cheque book templates
Speedlink - TSB's phone banking service

Details of these can be obtained from TSB

60 Lombard Street
London EC3V 9EA
Tel. 071 600 6000

IMPORTANT NOTICE

Prescription Costs are to rise by 35p to £3.40 as of 1 April 1991.
Season Tickets will also rise to £17.60 for 4 months and £43.50 for 1 year.

Dear Friends

The Pyramid Club, a swimming and leisure club, has been running for some time now and in the past many of you have been involved on either a regular or ocassional basis.

Unfortunately, since Sally left earlier this year, some members have drifted away. It seems likely that many of you are prevented from attending the club by problems with transport. We at SDA are trying to improve the transport situation and you could help us by filling in the form below and returning it to our office. We would also be interested to hear of any other factors which may be making attendance difficult.

Please note that if we do not hear from you we will not be able to include your name and address on the mailing list.

All the best.

Chris

Chris.

Name

_____

Address

_____

_____

_____

Telephone

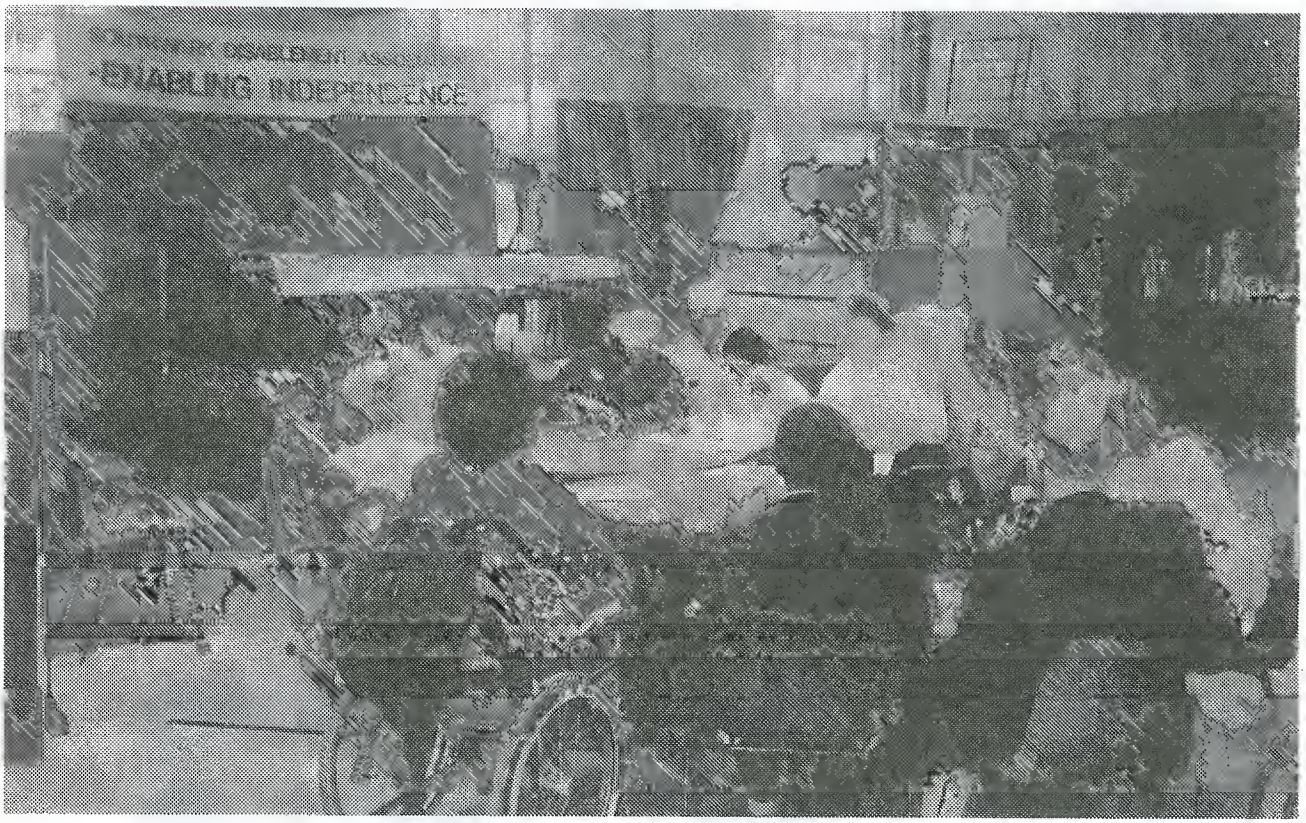
_____

I do / do not require transport to the club.

Please return to :
SDA
Aylesbury Day Centre
Bradenhan
Boyson Road
London SE17 2B4

Telephone :
071 701 1391
Minicom :
071 703 6901

Southwark Disabled People`s Independent Living Conference



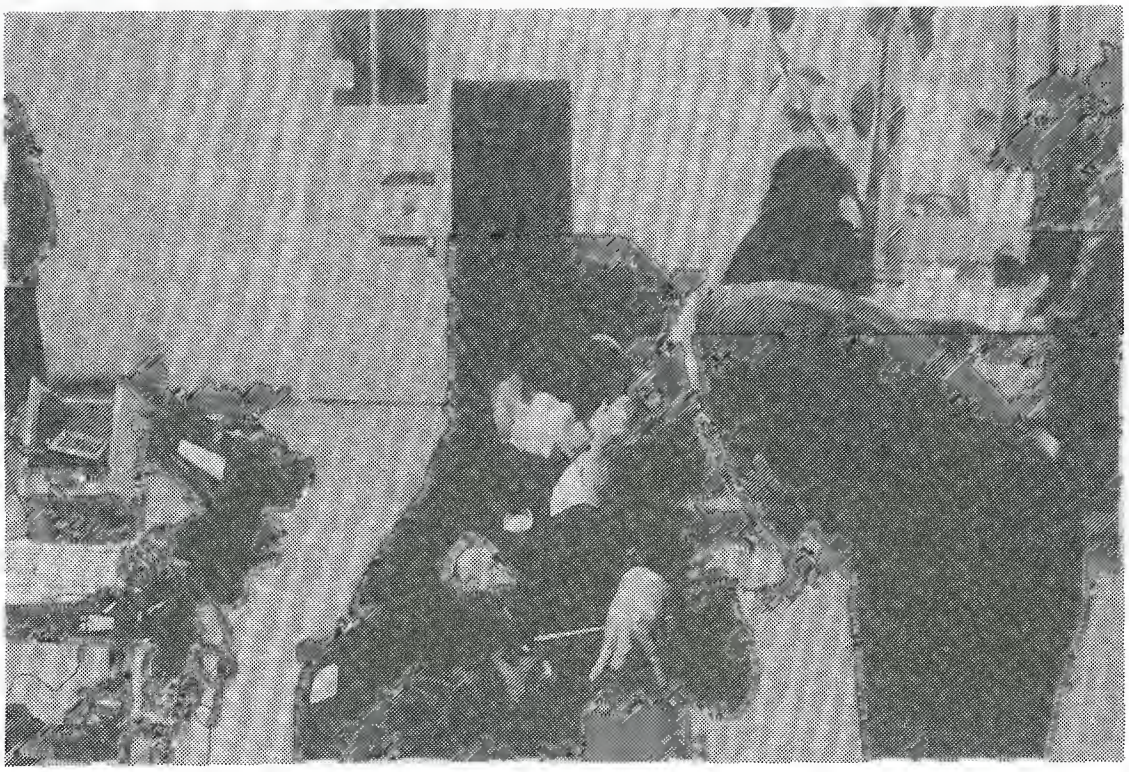
Lucille Lusk reports on the Independent Living Conference held in March.

The conference was opened by the Mayor of Southwark, Cllr. Maurice, who was welcomed by Beverley Holland, SDA`s director.

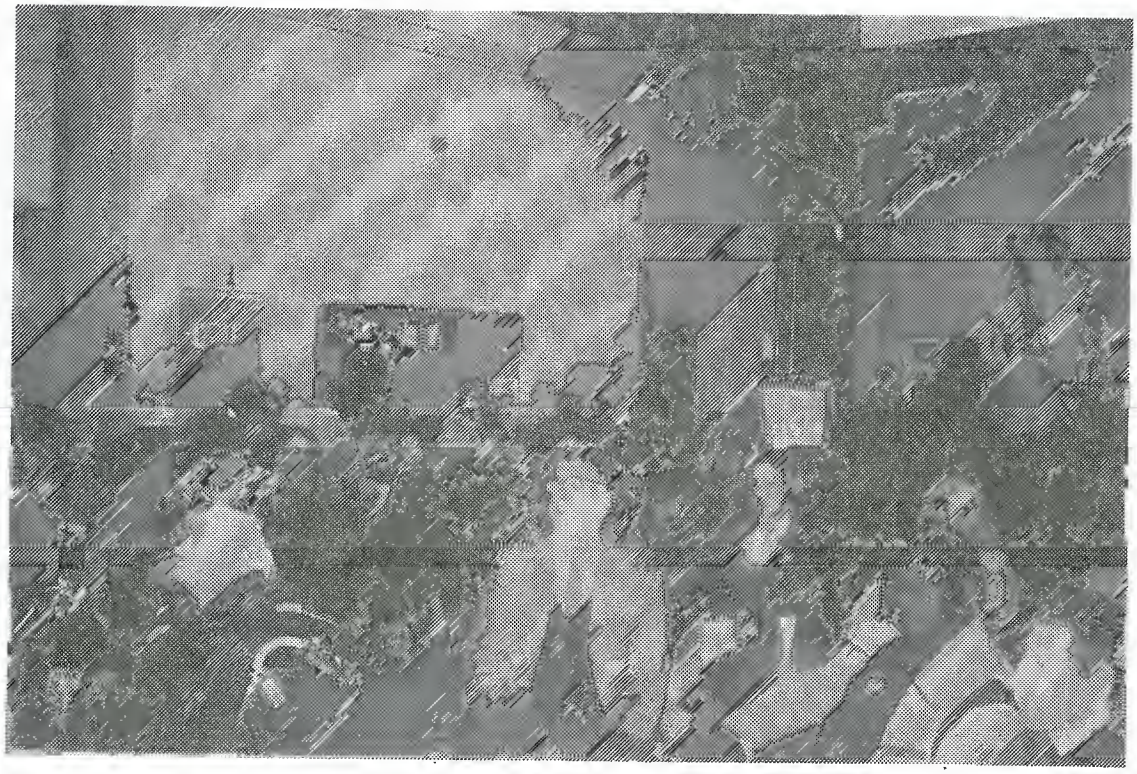
In his opening speech the Mayor made reference to the growth of the Disabled Person`s movement in Britain and to the role played by disabled people in Southwark through representation as co-optees on various Council Committees. He welcomed this conference as an opportunity for disabled people to get together and discuss services which are so important to them in their daily lives, and was very pleased with the large number of disabled people attending.

The speakers were from the only two national organisations *OF* disabled people, People First, representing people with learning difficulties and the British Council of Organisations of Disabled People (BCODP).

Lloyd Page from People First gave a speech on how people with learning difficulties had begun to take control of the decision making processes in their lives. He also gave a brief outline of how People First had developed, and how it made sure



SCES
RONE
NFENCE



that people with learning difficulties were involved at all levels with the structure.

This was followed by a speech by the representative of BCODP, Lucille Lusk, Co-Vice Chair-who stressed the need for involvement of disabled people in all levels of consultation over service provision. This required disabled people to be facilitated properly by being given the opportunity to have training in committee skills, negotiating skills and many more confidence building exercises. This firstly would mean the recognition of the importance of the role of disabled people in the decision making process, and not just the invitation of disabled people to take part in a tokenistic way. The way forward is for disabled people to demand to be taken seriously.

After the opening speeches people split off into various discussion groups-the structure of the day was that people could attend two groups, one in the morning and one in the afternoon.

Groups

The various groups were led by people with paticular knowledge of that area of daily life-all but one of the group leaders had disabilities themselves.

The group subjects were:

Advocacy-self and group
Black and Asian disabled people
Daily living
Employment
Housing
Transport
Women and disability

Lunch Break

Lunch was provided by the BEDE CAFE-a project for people with learning difficulties.

After lunch people went to the second discussion group of their choice.

Report Back Session

The second group discussion of the day was followed by a report back during which the group leaders gave a summary of the main points that arose during the two groups.

A report will be produced giving more detail of the issues which came up in each group, and giving an overview of the day. This will be covered in the newsletter at a later date.

The Mayor and Beverley Holland then closed the conference.

Entertainment was provided Rupa Sarka,and Pink Fingers.

FOCUS

CAMPAIGNS FOR DISABILITY RIGHTS

Focus is back with a vengeance after the Independent Living Conference in March.

Disabled people requested at the conference that SDA establish a campaigning/self help group. The first meeting of that group was held at the Thomas Carlton Centre on the 15th May.

At the meeting, which 25 people attended, a discussion was held on how to improve services for disabled people in Southwark.

A major step forward is that the group-now called FOCUS-has been accepted as the "Client Interest Group" for Community Care planning by the Joint Community Care Planning Group (JCCPG). The JCCPG is a planning group formed by members of the Voluntary Sector, Southwark Council and Health Authorities, which is looking at the ways Community Care is to be implemented in Southwark.

Focus members asked that they have training in "Committee Work", and Barry and Lucille are now running a course in Communication and Committee Skills.

They are planning another course to be held in autumn of this year, and they will tailor the course to the members wishes.

If you are interested in attending the next course you should contact Barry or Lucille at the SDA offices

Next

FOCUS

MEETING

8th July from 7pm to 9pm at the Aylesbury Day Centre

TRANSPORT PROVIDED

BITS AND PIECES

Link Travel Club

A free service to disabled people providing information on foreign travel. They are also able to organise bookings for your flights and hotels.

The phone line is open 1-4 pm on weekdays . Telephone 081 997 3799 to join the travel club.

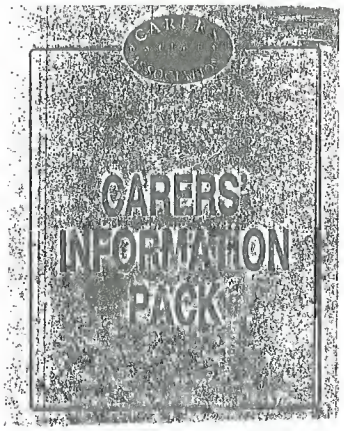
If you need more information write to :
Link Travel Club
4 Medway Parade
Perivale
Middlesex UB6 8HA

Guide to British Rail

A guide to British Rail has been published by RADAR.
It gives information on over 500 principal stations - including access, car parks, toilets and refreshment facilities.

The guide is priced at **£4.50 (inc.p&p)** and can be obtained from
RADAR
25 Mortimer Street
London
W1N 8AB

CARERS' PACK



CARERS have you got your copy of the Southwark Carers information pack? If you look after a relative or friend you will find it full of helpful information. It is free of charge to carers and £2.50 to paid workers. To order one contact: Southwark carers, 2 Davey Street, Peckham, SE15 6LF. Telephone 071 708 4497.

REGISTER NOW FOR FREE DIRECTORY ENQUIRIES

Blind and disabled people who are unable to use telephone books can register for free directory enquiry calls.

BT customers who think they qualify can call free to register on 0800 91915 (8am-8pm). A form will be sent out which has to be completed by a district nurse or social worker and then signed.

When an application has been approved the customer is sent a registration card with a personal identification number.

Taped details are available from : Talking Newspaper Association,
90 High Street
Heathfield
East Sussex TN21 8J Tel. (0435) 26102

Greenwich Access Guide :
This is available free from The TIC
46 Church Street
London SE10
Telephone 081 858 6376

LAMBETH COUNCIL MINICOM

Lambeth Council now have 2 MINICOM VIIs with a 24 hour, 7 days a week answering facility. The customer relations minicom is available for any queries or complaints relating to customer services, on 071 926 8916. The Human Resource Unit minicom will take calls to the Personnel Department, the Staff Training Section, the Health and Safety Team and any general queries, on 071 926 8892. If you have any enquiries contact Ian Darling, Equality Officer, Mandela House, 65 Paulet Road, London SE5 9HW.

MOBILITY ALLOWANCE CHANGES FOR PEOPLE WITH SEVERE LEARNING DIFFICULTIES

There has been an announcement that the Regulations for Mobility Allowance have been changed to allow people with severe learning difficulties to qualify.

Information is scarce at the time of this Newsletter going to print.

If you think that you or a member of your family may now qualify contact

John McGovern, at the SDA Office or phone; 071 701 1391

FREE DSS ADVICE LINE FOR DISABLED PEOPLE

The Department of Social Security has set up a free benefits enquiry line for disabled people . They will give advice and information to disabled people and their carers on benefit entitlement and how to claim. They will also send letters detailing any advice given over the telephone. These letters are available in large print and Braille. The number is 0800 181794. You can ring between 10am and 4pm, Monday-Friday.

SDA ADVICE TIMES

Just to remind you that Advice times are

TUESDAY 10.30 AM TO 1.30 PM

WEDNESDAY 10.30 AM TO 1.30 PM

FRIDAYS 10.30 AM TO 1.30 PM

BCODP NEWS

BCODP is to launch its campaign for Anti-Discrimination Legislation at the 10th Birthday celebration in Manchester this year-Lucille Lusk explains the background to the campaign.

Most disabled people, from their own experience, understand the oppressions and discriminations which we face in society today. The call for these issues to be addressed by affording disabled people basic rights in law has been both frequent and has come from several quarters.

One main reason as to why attempts to promote this type of legislation has failed is that evidence submitted to Parliment has been seen as subjective. This was because it focused on individual cases of discrimination, rather than showing how disabled people as a whole are discriminated against by society. The Government's response was that individual cases do not necessarily indicate a wider problem. Indeed the Minister's response on one occasion was that there was no clear evidence of widespread discrimination against disabled people.

Over the past year BCODP has been considering ways in which disabled people can pursue basic human rights through the introduction of Anti-Discrimination Legislation.

BCODP employed a researcher to carry out a project into institutional discrimination against disabled people. The project is now nearing its end and the final report, which clearly demostrates how government policies, local authority practices, attitudes of employers etc discriminate against us, is due to be published in Autumn 1991. The document and the evidence contained in it will act as a launching pad for BCODP and disabled people to pursue our rights through the promotion of the legislation.

******

B.C.O.D.P
1981-1991

HELP US
CELEBRATE
OUR
10TH BIRTHDAY

WHEN?
SATURDAY 7TH
SEPTEMBER

WHERE?
MANCHESTER

MORE DETAILS TO
FOLLOW

Get your transport organised now!

A Tribute to

John Maurice

by
Mike Geater
SDA's Vice Chair

Councillor John Maurice, Mayor of Southwark from May 1990 to May 1991, died suddenly on Friday 7th June at the age of 48.

He died of a heart attack whilst taking a well earned holiday in Chester with his wife.

During his Mayoral year he was president of SDA and he supported us in a great many ways. He also organised fundraising for people with disabilities, pensioners and carers.

John had been a very conscientious Ward Councillor from 1986. A school Governor from 1977, he was Chair of Governors of both Oliver Goldsmith and Brunswick Park Schools for twelve years until his death.

He was a competent footballer and had trials with Brighton, Hove Albion and Crystal Palace.

John was a well respected member of the Council Ward. He will certainly be missed by Ward constituents, Council members and his comrades in the Labour Party.

SDA's staff and Executive Committee will miss him greatly.

HELP WANTED

Film Editor wants stories

"I am currently researching a television series that we are making for Channel 4. It is a Social History series about the experiences of people with physical disabilities between 1900 and 1950.

I would like to hear from older people who have had a physical disability since birth or early life to learn about some of their experiences and memories of the past. How did the disability affect their lives ? I am interested in their stories of family life, school or hospital aand work.

I would be especially interested in any problems or prejudices that people had to overcome or put up with because of their disability !

I would be happy to receive letters, phone calls or, if it would be easier I am also able to visit people to chat to them about their memories.
I look forward to hearing from anyone who would be interested in telling me some stories about life between 1900 and 1950.

Very best wishes.
Pamela Gordon, Researcher. Domino Films Ltd, 8 Stockwell Terrace, London, SW9 0QD. Telephone 071 582 0393."

Stories from disabled women wanted.

Liz Crow is looking for personal accounts from disabled women for a book on disability and sexuality that she is writing. She is particularly interested in hearing from black, lesbian and working class women with disabilities.
Contact: Liz Crow
Ekarro House
Guildford Road
Stockwell SW8 2DF
Tel:081-720 7836

PERSONAL DEVELOPMENT COURSE

The London Boroughs' Disability Resource Team in conjunction with the London Borough of Greenwich are running a two day course on equality, assertion and personal development for disabled people. The course aims to :
* Explore the disabling factors of society.
* Develop and practice the use of assertion techniques.
* Develop an understanding of insights into disability.
* Raise employment potential.
* Improve opportunities through development of skills and techniques.

The course is free of charge and will be held on July 23 and 24 1991 at Goldsmiths College, London SE14.
For further information or to apply contact : Frances Scott on 081 854 8888.

The Community Physiotherapy Service for North Southwark which has been based at St Olaves Hospital is moving on Wednesday 15th May 1991. The new address will be: The Cottage, Wardalls Grove, Avonley Road, New Cross, SE14 5ER. Telephone 071 277 6035.

SOUTHWARK SOCIAL SERVICES

INVITE YOU TO

THE THIRD CONSULTATION MEETING ON SERVICES FOR DISABLED PEOPLE

DATE: WEDNESDAY 17TH JULY
TIME: 6.30pm to 9.00pm
VENUE: AYLESBURY DAY CENTRE
BOYSON ROAD SE17

If you have any special requirements, need any further information or have problems regarding transport please contact
Cordell Ward or Jenny Perkins on 071-525 5000 ext.3841/3840

APPLICATION FORM OVERLEAF

THIS SHEET SHOULD BE RETURNED BY 13TH JULY

I WILL/WILL NOT (PLEASE DELETE) ATTEND THE CONSULTATION MEETING ON 17TH JULY 1991

NAME.....

ADDRESS.....

.....

.....

PHONE.....

IF YOU HAVE ANY NEED OF HELP PLEASE TICK BELOW

CRECHE..... NUMBER AND AGE OF CHILDREN.....

CARERS' ALLOWANCE..... TRANSPORT.....

SIGN LANGUAGE INTERPRETER..... LOOP SYSTEM.....

INFORMATION IN BRAILLE..... INFORMATION ON TAPE.....

INFORMATION IN COMMUNITY LANGUAGE..... WHAT LANGUAGE.....

ON COMPLETION PLEASE RETURN TO :
SOUTHWARK SOCIAL SERVICES
MABEL GOLDWYN HOUSE, 49 GRANGE WALK SE1

LA DONNA IMMOBILE
or
PRISONER AT THE (WINDOW) BARS

Condemned to lone imprisonment,
a lifer too - no less,
sentenced by the Establishment
my crime ? - you'd never guess,
I'm crippled, sick and helpless,
By fate immobilised.

No trial by judge or jury,
My crime's not on their list,
If I'd strangled Gran or robbed the brewery,
of rape no chance had missed,
As their guest I'd be invited
to Broadmoor for a stretch.

At Euston Station or at work,
skid on banana skin,
Do battle with a Ford or Merc,
And compensation win.
But Polio or maimed at birth,
Have no such legal worth.

When you've signed for weekly pittance,
In triplicate of course,
Big Brother from the Powers that Be,
Adds pomp to circumstance
conveyed by stately car to seek
Evidence against you.

The genius who designed the " Loos"
and marked " for wheelchair use"
Frustratingly provided too
No access they could use,
Should have to clean the mess if they're
compelled to "do it" there.

I can't walk backwards from your presence
Nor kneel in deference,
Nor marry advantageously,
So absent-mindedly,
a swim to far Australia's
the only crawl for me.

Let's all go to the House,
And give them a rouse,
We need a car, we need the fuel, we need the money too.
But remember Honorable Member,
It's you who needs the votes.

By Lilian Goodall

NewsLetter

SOUTHWARK DISABLEMENT ASSOCIATION

Motability scheme investigated

The National Audit Office (NAO) has completed its long awaited report into the operation and management of the Motability Scheme. This followed allegations that the scheme was not run to the advantage of disabled people but to the banks administering the scheme, who were making vast and unnecessary profits.

However the report found that the scheme was offering good value to disabled people but could still improve its customer services through a more open approach, setting better standards and monitoring its performance and those of Motability Finance Ltd (MFL) - all of which are being implemented, according to Motability's chairman, Lord Sterling.

The report also proposed the introduction of competition into the financing and administration services which at the moment are provided solely by MFL. This could lead to a drop in charges and increases in efficiency, which could well benefit disabled motorists in the long term.

The full report is available form: HMSO. Refrence: HC 552 session 1995/6 priced £10.75.

High Court rules cuts in home care 'illegal'

The High Court has ruled against Gloucestershire county council, which had argued that it had a right to withdraw home care services from elderly and disabled people because of cash shortages.

In the Gloucestershire case, the court ruled by a 2-1 majority that the council was wrong to take into account its own financial resources when assessing the needs of a disabled person. Gloucestershire withdrew services to 1,500 disabled residents following £3 million cuts in government funding in December 1993. Services cut included laundry, cleaning and meal provision. If this ruling is upheld by the House of Lords, it will mean that councils will not be legally entitled to take into account the size of their resources and order cutbacks.

P.C. 362 .18

Disabled people barred from shopping

It may not come as any surprise, but the charity Scope has carried out a survey into the attitudes and policies of high street shops including the large stores and chains which shows that most do not consider their disabled customers and it would appear they have no intention of doing so.

The survey found widespread apathy and lack of co-operation among most firms. Only 43 of the 1,000 companies contacted could be bothered to respond. The surveys findings were:

- 30 per cent did not provide parking for disabled customers
- 25 per cent did not provide any accessible toilets
- 88 per cent did not provide tactile signs
- 62 per cent did not provide disability awareness training.

Some of the positive findings were that a few of the main chain stores had started to redesign buildings and train staff in disability awareness, other companies were developing policies which would bring an overall commitment to equality and access. (DN June)

Strike threatens Dial-a-Ride

A document 'Time for a change?' produced by Dial-a-Ride & Taxicard Users (DaRT), has raised fears that the service could again be subject to a cost cutting drive which would in turn lead to industrial action. It also suggests that the service may be privatised.

The paper claims there are problems in the structuring and management of the service, funded by London Borough Grants Unit, which make it difficult to reach financial targets set by London Transport.

Staff costs run at 60 per cent so wage cuts could be the next step to reduce spending. The service finds it difficult to meet cost targets since it does not have the freedom of bus operators to find new markets and choose its own vehicles, according to the paper.

Out of sight out of work?

This campaign to raise awareness of the talents and skills of visually impaired people and of the innovative employment support packages available will be launched in September. The result of research showing more than 75% of visually impaired people of working age are unemployed, the campaign aims to assist people with visual impairments to find secure employment.
Meeting on 12 September at:
IBM HQ
South Bank
London

Contact: Jane Cooper / David Robertson on 0171 799 9811

Equipment Service for Disabled People in Southwark

Southwark Council has awarded a contract for both Occupational Therapy services and services for deaf people to Huntleigh National Care, a subsidiary of a supplier of equipment for disabled people for over twenty years. This should speed up the process by which disabled people get the equipment they need to lead more independent lives.

Southwark Womens Training Workshop (SWTW)

Part of the Adult Education and Vocational Training Service, within the Council's Education and Leisure Services Department SWTW is running classes primarily for women in carpentry, joinery and furniture making as well as upholstery and soft furnishing. Most to City & Guilds. Courses start in September and take place at Thomas Calton Centre and Nunhead Centre.

To apply for courses phone 0171 732 4311 or 0171 525 5011 ask for further details and an application form. Some of the cpourses are free.
All workshops are on the ground floor and are wheelchair accessible.

Further news to wheelchair voucher scheme

Arthritis Care has looked more closely at the new NHS voucher scheme for manual and electric wheelchairs which was introduced in April and has discovered that the range of wheelchairs is very limited, particularly for people with arthritis in their upper limbs. It appears there is also an age bar in some arrears. The vouchers will only be accepted by authorised suppliers and will not cover the whole cost of a chair. So if a disabled person wants a more expensive model they will have to pay the difference themselves. If you decide to accept a voucher you will enter into an agreement with the supplier which will include ownership and maintenance arrangements.

Changes to Disability Living Allowance (DLA)

The Benefits Agency at Blackpool has been sending out forms asking claimants whether they have been in hospital in the last 28 weeks. This follows a change to the benefit which means people who go into hospital and stay longer than four weeks will have the mobility component cut. This already happens with the care component. Special provisions will cover Motability agreements and there will be some transitional protection for certain people who have been in hospital for more than 12 months at the point of change.

The form must be returned even if you have not been in hospital.

Social Security Freeline (0800 666 555) closes

The Benefits agency has closed its' Freeline service following cutbacks in funding. The reason given being that the staff were unable to gain access on their computers to callers details and could only give general advice. Once the advice was given the caller then had to make a second call to their local benefit office to pursue their enquiry. Several advice agencies have pointed out that it was this very independence and general advice that made the Freeline so useful and accessible to claimants, as they could phone in complete anonymity and check their entitlement without having to give any personal details.

The Benefit Enquiry Line (BEL) for people with disabilities - 0800 88 22 00 - will remain in operation.

HOLIDAY INFORMATION

Holiday Care Service

Holiday Care Service is a charity which provides accurate, up to date information on holidays for disabled people . HCS provides a range of free publications, including a booklet on how to obtain funding assistance and a detailed guide to accessible UK travel.

Information line:
01293 774535
Minicom:
01293 776943

Leisure courses at Holton Lee

A programme of courses covering arts, crafts and spiritual development topics are being held at The Barn, Holton Lee, in Dorset. The centre, in its own nature reserve on the shore of Poole Harbour, has been designed to be used by disabled people. During the autumn, the centre is holding residential and day courses, The Barn is available for holidays and can accommodate up to eight people.
For further information contact Geraldine O'Meara,
The Barn
Holton Lee
East Holton
Poole BH16 6JN
☎ 01202 631 063 or
minicom 01202 631 263

Steam rail travel in West Somerset

West Somerset Railway operates steam train services on a 20 mile line between Minehead and Bishop Lydeard on the outskirts of Taunton. It has a special coach, the Lorna Doone, which has been adapted to carry wheelchair users and their companions. The coach is fitted with hydraulic entrance lifts, wheelchair restraints and an accessible toilet. Advance bookings are requested as the Lorna Doone is attached to the train when required.

For further information contact the
Commercial Manager,
West Somerset Railway
The Station
Minehead
Somerset TA 24 5BG
☎01643 704 996

New address for John Grooms Association

The John Grooms Association for Disabled People, which runs a wide range of services, including holiday accommodation, has moved. The new address, which is shared with the John Grooms Housing Association, is:

John Grooms Association for Disabled People
50 Scrutton,
London EC2A 4PH
☎0171 452 2000
Fax: 0171 452 2001

Computing skills for disabled people

Lewisham College is running a course designed for people with physical and sensory disabilities who wish to gain skills in using computers and information technology and brush up on their English and Mathematics.

Although no formal qualifications are necessary, you will need:
to be prepared to commit time and energy to your course work
the ability to understand and carry out straightforward written or oral instructions

Applicants will be invited to the college to complete a short assessment which will be followed by an informal interview with the course Tutors to ensure it is the right course for each person.

Studies will include
Introduction to Computers
Information Technology
Study Skills
Numeracy/Business Maths
Communication Skills and Business English.

The computer suite is fully accessible and every effort will be made to provide individual specialiist equipment to enable students to participate in the course.

The fees for the course are £639 but courses are usually free to people receiving State benefits and for those under 19. In addition the purchase of files for storing work will be necessary.

The course can lead to qualifications , GSCE English and City & Guilds at various levels.

For further information and an application form call Freephone 0800 834 545.
Lewisham College,
Lewisham Way
London SE4 1ut
☎0181 692 0353

What do YOU want to see in the New Peckham Library and Media Centre

The go-ahead has been given to build a new Peckham Library and Media Centre in Peckham Square at Canal Head. This follows the Council's successful bid for funds from the Government's Single Regeneration Budget to regenerate Peckham. £5 million has been allocated from SRB funds for the new library, which is due to open in 1999.

The library will be built on the old electricity sub-station site between Peckham Hill Street and the new Peckham Square, next to Whittens timber yard. It will replace the current Peckham housed in the old prefab library building opposite the site in Peckham Hill Street, and the library in the Civic on the Old Kent Road. All the staff and the budgets currently spent on both libraries will be transferred to the new library to ensure that a first class library service can be provided.

When completed, the new library will become the major library serving the centre of the borough, serving the same function as Dulwich Library in the south of the borough and Newington Library in the North.

Planning is still in the early stages, but the new library will certainly incorporate the latest technology, a centre for training and open learning, a large study space and an information point.

The library service is determined to ensure that the building itself and the services offered in the new library fully meet the needs of people with disabilities.

The brief drawn up by the council for the architects, Alsop and Stormer, requires them to consult fully with groups representing people with disabilities in the design of the building. Christoph Egret, from the architects and Julian Heather, Southwark's Special Services Librarian, will be responsible for meeting and talking to interested groups and individuals with disabilities about access issues, and the facilities and services provided.

If you would like to be involved formally in the consultation process, either representing an organisation or as an individual, or would just like
to chat about the project and any ideas or suggestion you might have, please contact:
Julian Heather, Special Services Librarian on 0171 237 1487, or write to him at:
Southwark Special Library Services
Rotherhithe Library
Albion Street
London SE16 1JA.

Nunhead Cemetery

On Friday 26th July a group of staff, committee and members were invited by Southwark Park Rangers and the Friends of Nunhead Cemetery to visit this famous site and give our opinions on the access requirements of disabled people.

It was a beautiful sunny morning when we arrived, so we plunged straight into the dense woodland that has grown up over the last 50 years, just like a group of intrepid explorers. The paths running all through the cemetery varied in quality, depending on how much the undergrowth had taken over but on the whole we all managed very well. One of our main gripes though was the lack of seating, we frequently had to improvise using fallen trees or ancient monuments.

Sadly but I suppose inevitably these days the cemetery, gravestones and monuments have suffered from neglect and most depressingly, vandalism. Yet there were still many hidden treasures, with fine sculptured angels gazing mournfully down between the trees and some splendid, imposing family tombs. The whole area has also become a haven for wild life and plants. There are many fine old trees which were planted when the cemetery was created, and there is the constant sound of bird song. Cuckoos have even been heard.

Many people also visit to harvest the blackberries that grow all around in the late summer.

The Friends of Nunhead Cemetery (FONC) was formed in 1981 'to promote for the public benefit, the preservation, care and improvement of Nunhead Cemetery as a place of historical and ecological interest, and as a burial ground'. Conducted tours, by qualified guides take place on the last Sunday of each month and take approximately 2 hours.

We finished our visit with a picnic provided by the Park Rangers which was thoroughly enjoyed by all. Nunhead Cemetery is certainly an oasis of peace and tranquillity in a busy, noisy world. Well worth a visit.

The main entrance to the cemetery is in Linden Grove SE15. Rear entrance is in Limesford Road. Opening times are officially Wednesday, Saturday and Sunday.

History Scrapbook

Request to all members from Dennis

I am interested in local history, books and old postcards which I put in scrapbooks. I write in the scrapbooks and put information underneath the cards and put in an index. I have done this for three years and I am doing it again. I have got some paper cuttings out of the South London Press newspaper Memory Lane feature.

I like doing it because it is an interesting hobby. I would be grateful if you could give me any old postcards that you don't need anymore so that I can put them in the scrapbook I am about to start.

Dennis can be contacted c/o SDA.

Widening Horizons

This is a one or two year course for young adults with physical and/or sensory disabilities. Students attend college for 2 days a week then choose other classes from a wide range offered at the college.

Subjects offered include: Food studies, Computers, Maths, English, Discussion.

The course is certified by City & Guilds and RSA.
Students attend a four day residential as part of their course.

For more information contact Jan Cook at Peckham Centre ☎ 0171 815 1650

Peckham Centre
Asylum Road
London SE15 2RJ

London's Museums within reach of visually impaired people

Five major London museums - the British Museum, the National Gallery, the National Portrait Gallery, the Tate Gallery and the Victoria and Albert Museum - are offering guided or taped 'touch' tours to visually impaired people.

This initiative is part of a 'European Cities Within Reach' project being co-ordinated by the European Commission and the Royal National Institute for the Blind (RNIB). This project has so far produced three city guides for London, Paris and Turin/Venice in English, French and Italian. The guides are available in accessible formats braille, audio tape and large print. They include general tourist information and details of specific interest to blind and partially sighted people on transport, museums and entertainment.

'European Cities Within Reach - London' is available from **RNIB Customer Services, PO Box 176, Peterborough, PE2 6WS**
☎ 0345 023153
(RNIB news release).

Crack down on Orange Badge use

Following a survey carried out in the Newspaper Disability Now, the government will soon create new powers to enable traffic wardens and parking attendants to inspect orange parking badges on demand.

The survey had discovered wide spread abuse of the concessionary scheme which was reaching what it described as "epidemic" proportions.

NAIDEX '96

This Years NAIDEX Exhibition will take place at Wembley Conference Centre on September 24th, 25th & 26th. Jimmy Telesford will be arranging a visit on the 26th on behalf of Focus so anyone who is interested in going should contact Jimmy to book a place and arrange transport.
Please call Jimmy on 0171 - 732 1095 as soon as possible.

Day Trips flop

Last month Alan Nicholson advertised several day trips and outings but received so few replies that they had to be cancelled. If anyone has suggestions as to where people might like to go and what dates and times would best suit, please let him know so that future trips can be arranged, which hopefully will be better attended.

Lottery Grant for Deaf Helpline

The British Deaf Association have secured a grant from the National Lottery Charities Board to set up a new advice and information line for Britain's 62,000 members of the deaf community. The service will be known as Deaf DIAL and will operate via textphones.

National Spina Bifida Week

This year's awareness week is the third arranged by the Association for Spina Bifida and Hydrocephalus (ASBAH) running from the 2 - 8 September. The campaign will centre around Folic acid and spina bifida.
For further information contact:
Tony Britton, ASBAH ☎ 01733 555 988.

Opinions expressed in this newsletter do not necessarily represent the views of our funders or of SDA.

Change of Advocacy

At the end of July Caroline Nelson who had been SDA's Advocacy Worker for 3 years and was known to many of you left to take up the post of Co-ordinator at Choice in Hackney. Although we are happy for Caroline's promotion we are sad to lose her as a colleague, she worked hard and was committed to improving the lives of disabled people in the borough. Her place will be taken by Mark Holloway from the beginning of September.

Information for visually impaired people

The Royal National Institute for the Blind has produced three leaflets for visually impaired people, covering counselling, community care and registering as a blind or partially sighted person.
Tel : 0345 023 153

Southwark Disablement Association AGM

This year the SDA AGM will be held at the Aylesbury Day Centre on Wednesday 25 September at 5pm.

Southwark Disablement Association
Room 48, 2 Bradenham Close,
Walworth, SE17 2QB.
☎ : 0171 - 701 1391
Minicom : 0171 - 703 6901
Fax : 0171 - 277 0481

AUGUST/SEPTEMBER 2000

Southwark Disablement Association (SDA)

Newsletter

Disability Conference a success

The Disability Conference hosted by SDA and held at the Aylesbury Day Centre on Friday 21st July was a resounding success with more than 80 delegates attending the day. Guest speakers, Jane Campbell from the Disability Rights Commission and Joanna Owen from Solicitors David Leveen - both disabled themselves - drew applause for their talks on legally enforcing our rights as disabled people and the moves towards greater equality following the introduction of the Disability Discrimination Act.

The afternoon workshops explored the themes of Access to Public Buildings, Communication as an Access Issue, How We See Ourselves and Transport. There was much lively debate, good humoured but serious in intent. People with all kinds of disabilities attended the day which made the sharing of experiences very deep-felt. Those with physical disabilities had different experiences of getting into buildings from deaf or blind people yet both experienced profound problems. Effecting their rights as citizens. People with learning disabilities or mental health problems experienced different obstacles again.

The conference had been promoted by the Equalities Unit at Southwark Council who acknowledged that the International Day of Disabled People in December never really attracted much attention because it falls in the winter. Many people attending the day expressed the wish that such an event should become a regular fixture for the future. Giving many more disabled people the opportunity to express their views and feelings and to participate in the formulation of policies which will directly affect them. Clive Saunders, Head of the Equalities Unit closed the day on an uplifting and positive note and expressed his appreciation to the disabled people who had attended and made the day so important.

A full report from the conference will draw on the experiences expressed and will be fed back to the Council's Equalities Unit, who funded the day.

Your human rights

International Day of Disabled People on December 3 this year will have particular significance.

The International Disability & Human Rights Network is mounting a Global Rights Campaign to address the lack of human rights for disabled people around the world. Quite recently the European Union (EU) blocked a discussion of a UN Convention on the Rights of Disabled People which could have had far reaching, positive consequences.

The campaign is seeking to bring such a convention back onto the agenda at the EU, and to do this the network is asking all disabled people who have experienced human rights abuses to send them details.

It is also important to note that the Human Rights Act comes into force on 2nd October 2000, this will have major implications for local authorities and their employees. The Human Rights Act is one of the most important pieces of UK legislation and it will immediately allow people to claim their rights under the European Convention on Human Rights in UK courts and tribunals rather than having to go to the European Court in Strasbourg.

Access denied !

A recent survey undertaken by the charity Scope, found that three-quarters of shops and bars are ignoring the needs of disabled people.

'Left Out', published last month, found out of 500 establishments, 370 had entry problems, which included steps, inaccessible toilets, and no lifts to upper floors, no entry ramps and no automatic doors. The Disability Discrimination Act will require all businesses to make "reasonable adjustments" to buildings by 2004.

Budget boost from Gordon

The Chancellor Gordon Brown has pledged a huge cash boost in the Comprehensive Spending Review (CSR). £43bn in the review, covers spending for the next three years up to 2003-4.

The Department of the Environment, Transport and the Regions has already announced investment of £180bn over the next three years, to include improvements in access to public transport for disabled people, half-price bus fares, and modernisation of the railways, including rolling stock and stations. Social Services will get a rise of £2.8bn by 2004, which represents a 29 per cent rise. An Employment Opportunities Fund, worth £1.4bn a year by 2003-4, will include money for the New Deal for Disabled People to go national.

Hospital appointments

Around five million people in the UK will be able to pre-book hospital appointments and operations by March 2002. The scheme, currently being piloted, enables GPs to book a time while the patient is with them eliminating uncertainty and increasing convenience.

BackCare Week

Back pain is very common and two out of five adults will experience it sometime in the next year. During BackCare Week (16-22 October 2000), organised by the national charity BackCare, new booklets on back care in the office and exercises for people with bacl pain will be launched. MPs will take part in a Think Back exercise class.

There will be a publication on the impact of back pain on small businesses, an exercise session for drivers in a lorry park and new training materials, posters and a helpline from the TUC and BackCare. To take part, order your BackCare Week Pack for £10 from BackCare,
☎ 020 8977 5474.
www.backpain.org

Equality needed in home help charges

Charges for home help vary widely depending on where you live according to a report by the Audit Commission. More than 500,000 people in England and Wales receive home care, ranging from help with shopping and cleaning to personal care such as washing and dressing. Of these, 420,000 are over 65.

Charges for similar services vary from nothing to well over £100 per week. In addition, charging policies vary with 62% of councils taking people's savings into account. The Commission found that charges can leave users with less to live on than income support in one third of councils.

The report calls on the government and the National Assembly for Wales to provide guidance on how councils should treat social security benefits, disability allowances, savings and partner's assets when setting charges. It recommends developing a framework to diagnose and help remedy inconsistencies. (Arthritis News 8-9/00)

HOLIDAY & LEISURE

INFORMATION

Friday is Farady

18 - 23 September
A week long festival celebrating Michael Farady, the world famous scientist, born in the Elephant & Castle, who invented electricity. All events are free. Most events will be held at the E&C shopping centre, ring 7701 9323 to order a full programme.

Wales

The new National Botanic Garden of Wales is one of the UK's millennium landmarks. The site is fully accessible. Attractions include the largest single-span glasshouse in the world, designed by Norman Foster.
Middleton Hall,
Llanarthne,
Carmarthenshire SA32 8HG
Tickets from £3
☎ 01588 668768,
fax: 01558 668933.

Switzerland

The Federation for the Integration of Disabled People (FTIA) in Switzerland has published the first tourist guide of Ticino for people with mobility impairments. *Ticino for Everyone - Lake Lugano Region* is available in English and Italian and has suggested itineraries for visiting the Lake Lugano Region in Southern Switzerland.

It is available in print and on the internet at www.ftia.ch
The print copy of the guide is available free of charge from
FTIA,
PO Box 834
CH-6512
Guibiasco
Switzerland
☎00 41 91 857 80 80

National Gallery

London's National Gallery has two free Art through Words sessions for blind and visually impaired visitors: *Rubens: Samson and Delilah*, 30 September at 11.30am and *Memlinc: The Virgin and Child with Saints and Donors (The Donne Triptych)*, 28 October at 11.30am

☎ 020 7747 2424.

To all SDA members, from Pat Batt the vice-chair of the executive committee.

I am writing to you all, to let you know that I am also the secretary and treasurer of the Access for Southwark group. We campaign on behalf of all disabled residents in Southwark. We cover everything that's to do with Access. The main project that we are looking into at the moment is Dial-a-Ride. When we take on major projects like Dial-a-Ride we work with all the other Access groups across London. We also work with the Access section of RADAR (Royal Association for Disability and Rehabilitation). We attend the RADAR Access forums about every three months, we also have a section of our group looking into the planning section of the council. The only problem is there are not many of us and we are doing a lot. So, if anyone would like to join us you will be most welcome.

If anyone would like to join us you can phone me on 020 7635 8973. We are a friendly bunch.

New website

The Royal National Institute for the Blind have produced a new "low vision" website. It is divided into two sections, one for people with sight problems, the other for eye care professionals, and is accessible to specialist technology. The site contains a database of all low vision services throughout the UK as well as research reports and product information. Visit it at www.rnib.org.uk/lowvision

London Mayor appoints disabled advisers

London Mayor Ken Livingstone has appointed three disabled people to key advisory posts in his new administration. Caroline Gooding, legal advisor to the Disability Rights Commission, has been appointed to his advisory cabinet, with a brief to cover disability equality issues. Kirsten Hurn, a freelance consultant who is blind, is a member of the new Transport for London (TFL) board. Bryan Heiser, chair of the London Accessible Transport Alliance, is a special adviser to TFL on disability transport. (DN 8/00).

'Judy Punches Back'

Bede Women's Development Project, Silwood Community Project and Time & Talents invites you to a Domestic Violence Conference and Information Day Wednesday 13th September 2000, 9.30am to 3.30pm at Bede Centre, Abbeyfield Road SE16.

For more information and bookings phone Sharon, Marlene or Henu at Beded Women's Development Project on 020 7237 9162.
Creche and refreshments provided.
All women welcome!

New powers to stop benefit fraud

The Government has brought in new powers to require banks, universities and telephone water companies to hand over information to the DSS. People suspected of benefit fraud are to have their bank accounts, phone bills and pensions scrutinised by DSS fraud investigators and it will also be able to pass the information to other countries. Social Security Secretary, Alistair Darling, believes the measures are needed to track down "unscrupulous fraudsters".

Civil liberty campaigners are expected to object as are companies who will incur extra costs to provide the requested information. Ministers believe the new laws will not infringe the new Human Rights Act, which is supposed to protect the public against interference by a public authority and protects the right to privacy.

RADAR faces uncertain future

The Royal Association for Disability and Rehabilitation which has worked strenuously for the interests of disabled people for many years has had a large part of its core funding cut. Providing a comprehensive advice service, RADAR is at the forefront of campaigning, supporting and advocating for disabled people and continues to provide a wide range of publications and information factsheets. The organisation already had to shed a large percentage of its workforce earlier in the year and had hoped that by further reduction in expenditure it would be able to survive, this now looks unlikely. Discussions are underway to see if a merger with a larger charity might keep RADAR from completely folding.

New higher rate disability premium

A new higher rate of disability premium is proposed for those aged under 60 who get DLA care component at the higher rate. There will also be a new higher rate of disabled child premium for children who get higher rate DLA care component.

These are expected to be introduced from April 2001.

If you already get Income Support, from April 2001 the new higher rate premium should be included automatically. Just make sure the DSS office know that you or your child get the higher rate DLA care component. If you get the higher rate DLA care component but you did not qualify for income support because your income was above IS levels, from April 2001 check to see if you might qualify now. (Disability Rights Handbook 25th Ed).

Employing disabled people

One in five Britons of working age is disabled. By ignoring them, employers shun the talents of 20 per cent of the labour market.

- Disabled staff tend to stay longer, which reduces training costs, and the take fewer days off sick.
- The experience of dealing with a disability means that many are fine problem solvers.
- Retiring staff who become disabled is dearer than keeping them. A medical retirement costs around $40,000, plus money to recruit and train a replacement.

Disabled staff bring custom. One in four Britons is disabled or knows someone who is.

The case is spelt out in Unlocking Potential by Simon Zadek and Susan Scott-Parker, published by the Employers' Forum on Disability (£2.55 from 020 7403 3020 or www.employers-forum.co.uk).
Observer 6/8/00

Getting Noticed

Getting Noticed is a new project by the National Disability Arts Forum. It aims to show young disabled people the contribution that the arts can make to their lives and encourage them to participate. The project is built around an exhibition consisting of 40 Disability Arts posters, which will tour schools throughout England between October 2000 and May 2001. The posters will illustrate the variety of arts activities that disabled people are involved in and cover all art forms.

A 'Getting Noticed' website and educational resource pack will accompany the exhibition. The website will guide visitors through the exhibition. The educational resource pack, down-loadable from the website, will enable teachers to work with groups of students. A workshop, led by a disabled artist, will be organised for each school that hosts the exhibition.
For further information visit the website:
www.ndaf.org/gettingnoticed/
or write to : NDAF, Bensham (Day Lewis) House, 324 Bensham Lane, Thornton Heath, CR7 7RQ

* * *

DRC wins

The Disability Rights Commission has won its first discrimination case, just two months after opening its doors for business. Mr Kapadia, a senior accountant with Lambeth Council was retired on medical grounds because of reactive depression in 1997. Lambeth council was contesting that he was not disabled as defined by the Disability Discrimination Act.

Paper recycling in Southwark

Southwark council is introducing a paper recycling service, with door to door collection of unwanted paper. They will collect all the waste paper you would normally throw in the dustbin (so now's your chance to get shot of all that junk mail). Collections will be every week and you will be given a bag where you can keep the paper until it is collected. To be part of the scheme you will need to complete short form which is included with the council's leaflet on the scheme. For more information you can call free on 0800 0960 895

ILF-Charges to working disabled people

My name is David Goode, I am a tetraplegic spinal injury C5/6, I live on my own and use two PA's which are funded through the government's Independent Living Fund (ILF).

I joined the fund eight years ago, which puts me in the old Extension fund. For the last eleven years I have worked for BT as a software engineer. The current government undertook a review of the ILF in February of this year, in which they believe that they have been generous in increasing the level of income that working disabled can keep before they have to cntribute to the cost of their care. I believe they have not gone far enough, I have just had to return an ILF review form which will probably mean that I now will have to contribute towards the cost of my care package. I am attempting to organise a co-ordinated mail-shot to a select list of people involved in this issue.

If you are a working disabled person in full or part-time employment and receiving ILF funding or currently unemployed and putting off gaining emplyment because of the ILF stance on charging working disabled people, I would like you to contact me. David Goode ☎ 020 8568 8288 dwgoode@freenetname.co.uk

The London South East Disabled Guides

Any girls or women interested in joining the Guides Association, Brownies 7 - 10 years, Guides 10 - 14 years, Rangers 14 - 25 years, Trefoil Guild 25 years upwards. Meet 1st Saturday of each month at Ladywell Day Centre 3 - 6pm approximately 8 meetings per years. Activities include Camping, pack holidays, training for life. Membership fee £12pa.
For further details contact Alison Ellis ☎ 020 7394 7720

Southwark Disablement Association
Room 48, 2 Bradenham Close,
Walworth, SE17 2QB.
☎ : 020 7701 1391
Minicom : 020 7703 6901
Fax : 020 7277 0481

Opinions expressed in this newsletter do not necessarily represent the views of our funders or of SDA.